BBC goodfood
Middle East
June/July 2023
DHS15
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Summer entertaining

- Celebration vol-au-vents
- Radish, burrata & nasturtium flower salad with crispy quinoa
- Tea-brined spiced barbecue chicken



EASIEST EVER *vegetarian midweek meals*

Share a Mexican spread for lunch

HEALTHY WAYS *WITH FISH*

UNIQUE COMBINATIONS

Banana skin bagels | Pizza paratha | Tres leches ice cream with lime-macerated strawberries

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NUOVI SAPORI, STESSA PASSIONE

NEW FLAVOURS, SAME PASSION

NEW MENU



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@marcosabudhabi



Welcome!



In this issue, we're savouring fresh summer ingredients in sharing-style platters, lighter weeknight meals and dishes that are perfect for entertaining – turn to page 35 for our cover special Celebration vol-au-vents - and enjoying at home.

Our selection of easy Meat-free meals pack in your five-a-day on weekdays (p24). Whether you're hosting a picnic at home or heading over to a friend's place, our Summer holiday bonanza (p34) is teeming with plenty of party-style inspiration. Welcome vibrancy with seasonal salads and a delightful summer squash risotto (p50). For something sweet, Tom Kerridge's chilled Chocolate & salted hazelnut praline slice (p54) is what summer dreams are made of. You can also find a Coconut & lime cheesecake (p58), Tres leches ice cream with lime-macerated strawberries to beat the heat (p68), and a Back-to-front baked cheesecake (p80) for a sumptuous tea-time affair.

Cookbook author and TV show host, Nadiya Hussain, shares her family favourites (p73), including a Pizza paratha, poke bowl, and a bagel packed with a garlicky banana skin filling. To incorporate more fish into your diet, try our simple cod bake (p82), and up your vitamin and mineral intake with five innovative watercress dishes (p84). For the latest in restaurant news, recipe inspiration and more, visit *bbcgoodfoodme.com*.

Happy Reading!

Nicola Monteath
Editor

These are a few of our favourite dishes...



"Radish, burrata & nasturtium flower salad with crispy quinoa – a vibrant, textured salad for any day of the week."

Liz Smyth, Group Sales Director



"The air-fryer is one of my favourite kitchen appliances. I relished this Air-fryer crispy chilli beef with leftover white rice."

Blanche D'mello, Assistant Editor



"The flavours of this Coconut & lime cheesecake are remarkable!"

Gill Fairclough, Sales Director

BBC goodfood Middle East

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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



It takes a lot to wow me, but this issue of *BBC Good Food Middle East* clearly did! Having got COVID for the first time last week (only 3 years later than everyone else), I was looking for easy recipes to make using my slow cooker. The big-batch lamb stew recipe made for a life-saving nutritious meal and was simple enough to follow even for a newbie like me. I also loved the Sow, Grow & Glow feature so much so that I shared it with my best friend (who has a backyard and loves growing her own vegetables). I now can't wait to be invited over to her place for some homegrown tomato orzo, and early peas and beans on toast.

Kim Mascarenhas



What I enjoyed most about the issue are the easy, delicious, and unique recipes shared especially the pan-pulled beef since I am a beef lover. *BBC Good Food Middle East* is full of information not only on recipes but you are also featuring the best restaurants in town serving the best quality food. Aside from that, I've seen how to convert leftover food into appetizing, amazing dishes. I love all the articles you are featuring in your magazine. I wish you all the best!

Aloha Lescano



As a gourmet who enjoys preparing food from scratch, I really love the content of the magazine. It always gives me ideas of what to cook as sometimes I feel I am mostly stuck with the same dishes. I also like the inclusion of the new dining scene in the city, as I love visiting new places with my family. We are so lucky that Dubai has quite a large diversity for experiencing all cuisines. I have been reading the magazine for 10 years since we've been here. Keep up the good work!

Emilija Andjelkovic

WIN!

ALL-INCLUSIVE STAYCATION FOR TWO AT CENTARA MIRAGE BEACH RESORT DUBAI, WORTH OVER AED1,500

Inspired by mythical Thai and Arabian adventures, Centara Mirage Beach Resort Dubai boasts fuss-free views of the Dubai Islands waterfront for an unforgettable family-friendly experience. The resort is home to 607 spacious rooms and suites, offering guests options for city or sea views. Look forward to a beachfront swimming pool, Kids' clubs, Candy Spa by SPA Cenvaree, a fully-equipped fitness centre, water sports activities, and plenty more during your stay.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

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Simply Kitchen Stores simplykitchenstores

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East









NEW OPENING

The renowned supermarket chain has opened a new branch in Jumeirah Golf Estates, making it the first duplex Géant supermarket spanning 2100 square feet across two floors. Situated in Fairway Mall, the space offers a range of products including a diverse selection of locally sourced fruits and vegetables, sustainable seafood, premium meat, organic and plant-based foods, and a comfortable in-store seating area with views of the community's green spaces. To further enhance the shopping experience, home delivery services are available through local platforms.

Visit geantuae.com.

THE BEST BITES

Dubai residents can now indulge in the exquisite delights of Compartés Chocolate, a renowned brand hailing from Los Angeles with over 75 years of experience. With a following of celebrities including Oprah Winfrey, Martha Stewart, and Paris Hilton, Compartés is now at American Rag Cie, located on the third floor of Dubai Mall. A tantalizing selection of Compartés creations will be available at the new outlet including Donuts & coffee, Tie-die chocolate, Caramelized popcorn, Strawberry cheesecake, Lavender, and Care bears.

Visit compartes.me.

Photographs SUPPLIED



HOSTING MADE EASY

Ideal for family gatherings, corporate events, or birthday parties, Jones the Grocer brings the artisan pizza experience directly to your doorstep. The catering packages are designed for up to 10 guests and include hand-tossed dough, selection of three delicious pizza flavours, two canapé boxes, and a box of mini desserts. For young pizza lovers, the kids' offering serves 10 guests and provides freshly made pizza bases, a choice of three pizza flavours, aprons, chef hats, a box of mini hot dogs and mini desserts.

AED189 per adult and AED159 per child. Contact 800JONES.

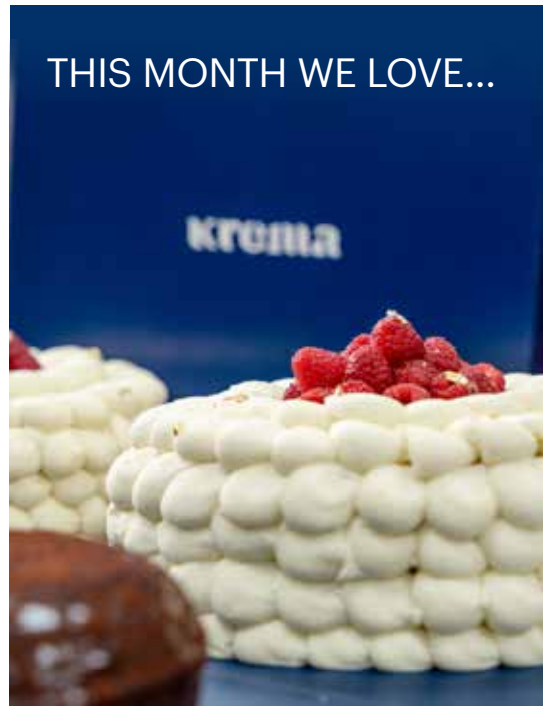
APP ALERT!



Privilee has announced its expansion to Qatar. The award-winning lifestyle membership provides exclusive access to five-star hotel pools, beaches, gyms, fitness classes, and dining deals. Book your upcoming plans at Qatar's most renowned hotels and resorts including Waldorf Astoria Lusail Doha, Ritz-Carlton Doha, and InterContinental Doha Beach & Spa, to name a few. Privilee Lifestyle Consultants further offer personalised recommendations tailored to individual preferences.

Visit privilee.qa.

THIS MONTH WE LOVE...



Led by Corporate Chef Joseph El Hajj and Executive Pastry Chef Hassan Salam from Alabbar Enterprises, the homegrown brand Krema specializes in artisanal desserts and presents a wide array of distinctive and delightful flavours. Influenced by European flair and created with the finest ingredients, indulge in the delectable Raspberry madeleine cake, Basbosa pistachio, Feuilletine chocolate mousse cake, Tiramisu cake, and Crunchy gianduja.

Order via ChatFood, Talabat, and Deliveroo. Visit Instagram (@kremadesserts).



Varak, the Dubai-based homegrown luxury pâtisserie, is offering a delightful summer menu including the signature Mango trifle, Mango and cream cake, Vanilla praline cake, and Berry cream cheesecake. Whether you're planning an extravagant summer soirée or just an indulgent treat for the weekends, discover an array of culinary delights.

From AED110. Visit varakdubai.com.



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DUBAI THE PALM

Flavours of the month

What's hot and happening around town this month

ROBATA

Robata, derived from the Japanese term 'robatayaki' which means 'fireside cooking', offers Dubai's first omakase yakiniku menu featuring authentic Japanese techniques prepared by award-winning master chef Kenichi Osato. The restaurant showcases a marvellous flare show accompanied by an extensive à la carte menu brimming with signature dishes such as the charcoal-grilled Nodoguro rice, Atsugiri wagyu tongue, Zaru soba with Italian truffle, and the world's highest-ranking A5 Kobe Beef certified with a marbling score of 12.

Contact +9714 556 6689.



KRASOTA

Krasota Dubai provides a distinctive culinary affair, integrating high-end cuisine with fine visual arts. Nestled in the heart of Downtown Dubai at The Address Downtown Hotel, the dining concept showcases an immersive experience that leverages artificial intelligence and features the works of eight contemporary artists from the late 19th and early 20th century. By fusing classic artwork with cutting-edge visual projections and culinary mastery, Krasota Dubai's Imaginary Art show delivers an unforgettable experience for discerning diners. The show, curated by Chef Vladimir Mukhin, showcases a welcome Amuse Bouche, eight courses, and eight visual acts, paired with two signature drinks. Don't miss the Black cod with plum and fig, inspired by Ivan Aivazovsky's 1850 painting "The 9th Wave."

Contact +9714 433 1258.

Photographs SUPPLIED

Robata



REIF JAPANESE KUSHIYAKI

Renowned chef Reif Othman has launched his inaugural fully licensed restaurant at Dubai Hills Business Park, Reif Japanese Kushiyaki. The homegrown dining venue will offer a more extensive menu than its predecessor at Dar Wasl, while retaining Chef Reif's unconventional cooking style. Open daily for lunch and dinner, guests can choose from regular seating, booth seating, and high-table seating as well as a bar lounge and private dining pod accompanied by an open-plan kitchen space. Prepare to tuck into a range of menu highlights including Escargot takoyaki, Otoro with satsuma Wagyu steamed bun, Black cod ramen, and Uni toro handroll, complemented by a selection of beverages.

Visit reifkushiyaki.com.



THE PENTHOUSE

Immerse yourself in an exceptional culinary journey curated by award-winning Chef Frederick Faucheux. The award-winning dining experience uniquely blends contemporary Japanese cuisine with French cooking techniques, offering an extensive menu featuring a range of exquisite dishes including Miso-marinated black cod with pickled daikon, grilled shishito and ponzu, Chef sushi selection of Nigiri, Sashimi and Maki rolls, and Caviar sushi with rice and nori crackers, tamago, chives, yuzu, crème fraiche. With a picturesque beachfront location, the restaurant offers an idyllic setting for sundowners to marvel at the enchanting sunset skyline.

Contact +97152 900 4868.

LIBRARY BAR



Immerse yourself in the inviting ambience of Library Bar, The Abu Dhabi EDITION with exceptional handcrafted concoctions, melodic beats of the resident DJ, and spectacular bar takeovers. Indulge in the ultimate Friday evening experience with a newly revamped four-chapter brunch, offering a fresh twist on your favourite classics. Prepare to embark on a literary-inspired journey with expertly crafted beverages that pay homage to iconic works of literature such as Ulysses and Great Expectations. The three-hour journey unfolds with Chapter 1 featuring a selection of Cold cuts, Cheese & olives, setting the stage for a tantalizing culinary adventure before turning the page to Chapter 2 for Chorizo croquette, Beef tartare cone, and a refreshing Kale salad. As you enter Chapter 3, savour delectable dishes including Wild mushroom bao bun, succulent Beef sliders, Wagyu sliders, and perfectly glazed Chicken skewers with honey, accompanied by Library Bar's signature Triple cooked chips. Make sure to leave room for dessert as Chapter 4 presents the indulgent Profiterole to conclude on a sweet note.

Friday, from 7pm-12am. AED195 including soft beverages, AED295 including house beverages and AED395 including premium beverages. Contact +9712 208 0000.

CINQUE



Italian ristorante Cinque welcomes notable culinary maven, Executive Chef Mauro Di Leo, who brings his expertise from training at Michelin-starred restaurants around the world. Ideal for groups of friends, family or date night, Cinque offers a stunning bar and lounge where you can enjoy an aperitivo or indulge in expertly crafted post-dinner concoctions. With Chef Mauro's return from Sicily, look forward to an exciting new menu including a special Chef's Table experience.

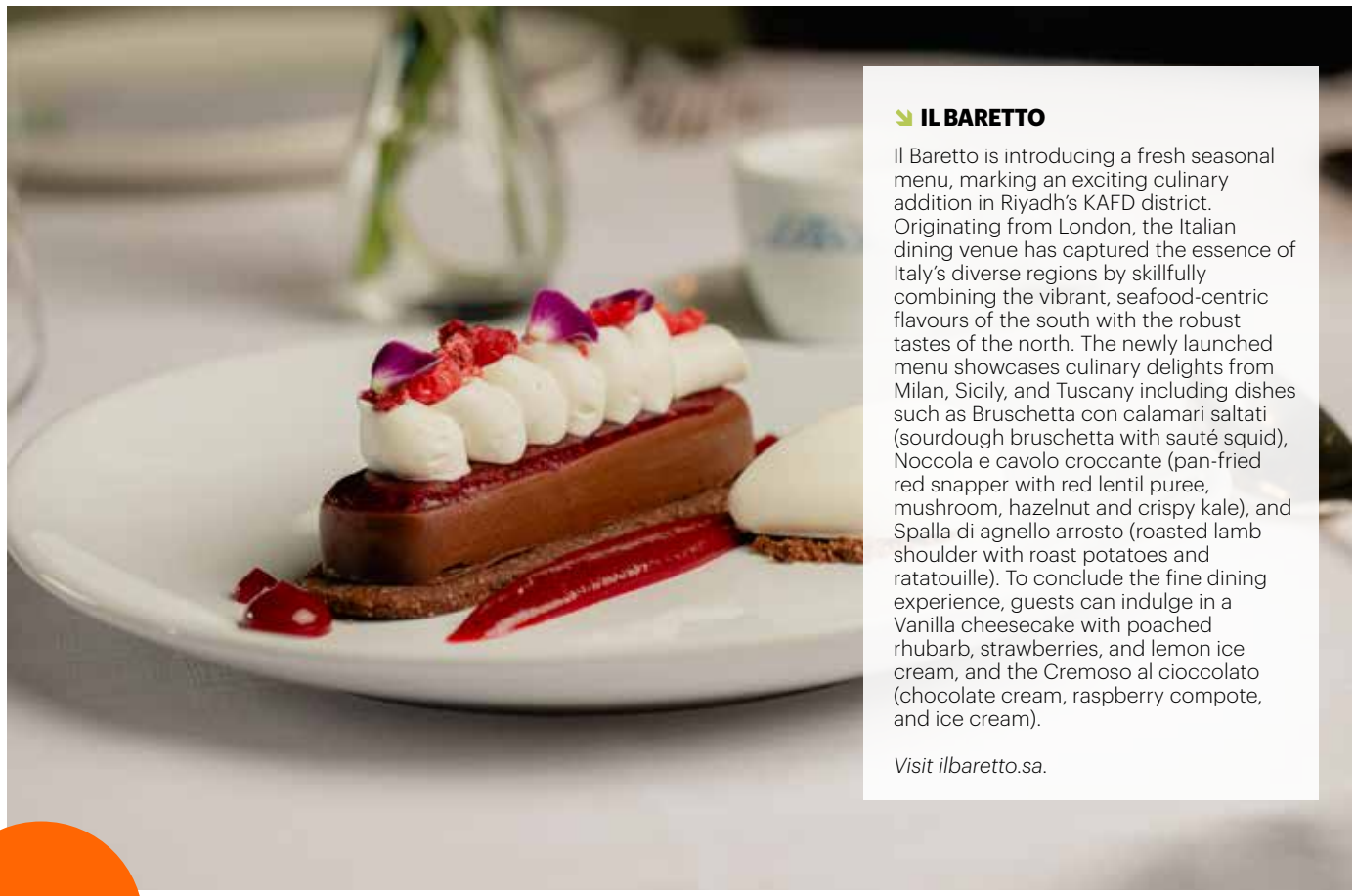
Contact +9714 455 9989.

THE ARTISAN



Discover the ultimate Sunday family lunch at the Italian fine dining venue for a delightful culinary experience. Ideal for families, the menu features traditional dishes inspired by various regions of Italy including classics such as Lasagna, Spaghetti clams, Bruschetta caprese, Slow-cooked Brasato e polenta, and Spaghetti al pomodoro featuring carpet clams, red chilli, fresh parsley, and Sardinian fish roe. End your meal on a sweet note with the signature Tiramisu or Vanilla ice cream pops.

1pm-4pm. AED300 per adult and AED70 per child. Contact +9714 338 8133.

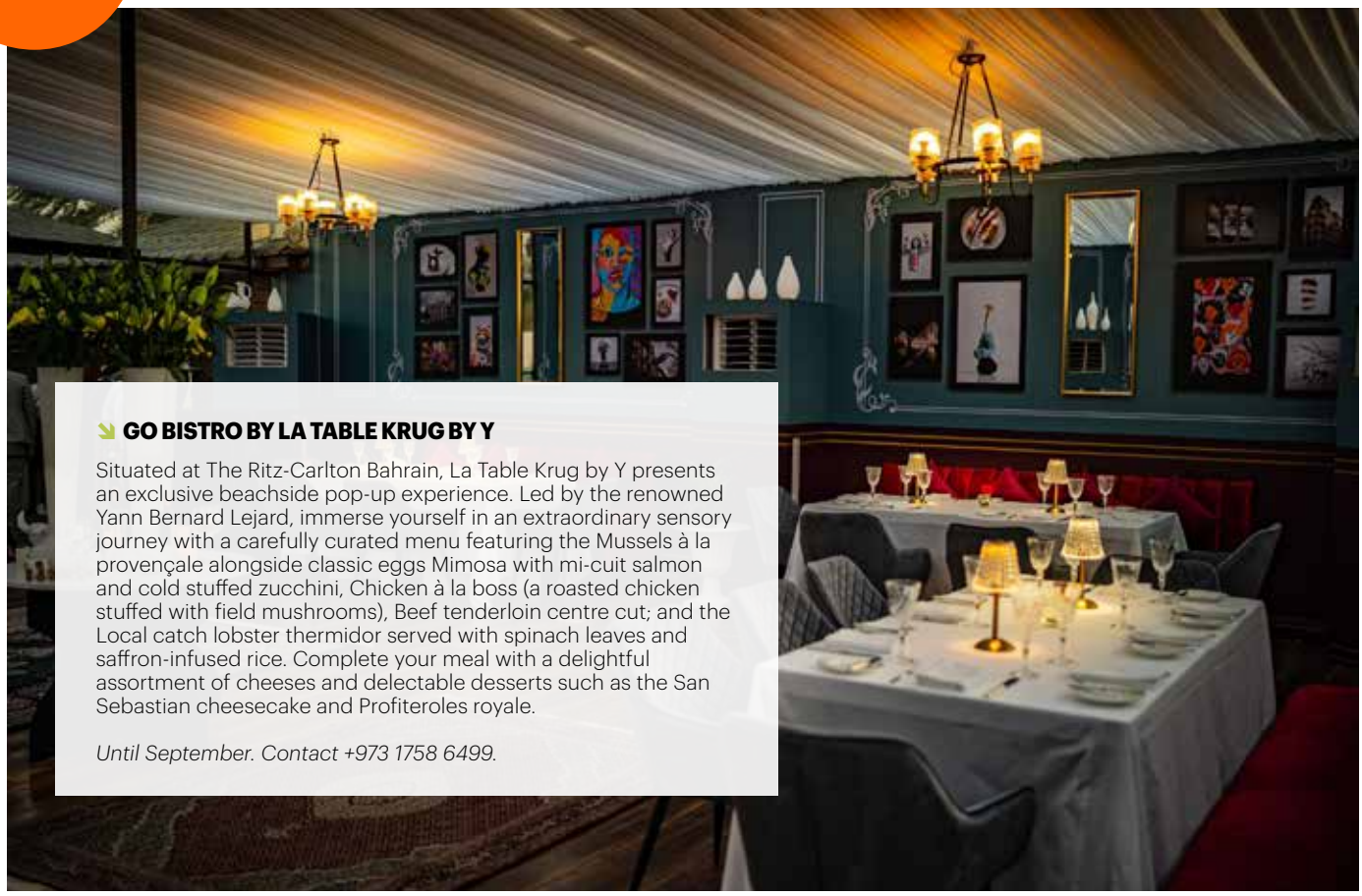


IL BARETTO

Il Baretto is introducing a fresh seasonal menu, marking an exciting culinary addition in Riyadh's KAFD district. Originating from London, the Italian dining venue has captured the essence of Italy's diverse regions by skillfully combining the vibrant, seafood-centric flavours of the south with the robust tastes of the north. The newly launched menu showcases culinary delights from Milan, Sicily, and Tuscany including dishes such as Bruschetta con calamari saltati (sourdough bruschetta with sauté squid), Noccola e cavolo croccante (pan-fried red snapper with red lentil puree, mushroom, hazelnut and crispy kale), and Spalla di agnello arrosto (roasted lamb shoulder with roast potatoes and ratatouille). To conclude the fine dining experience, guests can indulge in a Vanilla cheesecake with poached rhubarb, strawberries, and lemon ice cream, and the Cremoso al cioccolato (chocolate cream, raspberry compote, and ice cream).

Visit ilbaretto.sa.

GCC



GO BISTRO BY LA TABLE KRUG BY Y

Situated at The Ritz-Carlton Bahrain, La Table Krug by Y presents an exclusive beachside pop-up experience. Led by the renowned Yann Bernard Lejard, immerse yourself in an extraordinary sensory journey with a carefully curated menu featuring the Mussels à la provençale alongside classic eggs Mimosa with mi-cuit salmon and cold stuffed zucchini, Chicken à la boss (a roasted chicken stuffed with field mushrooms), Beef tenderloin centre cut; and the Local catch lobster thermidor served with spinach leaves and saffron-infused rice. Complete your meal with a delightful assortment of cheeses and delectable desserts such as the San Sebastian cheesecake and Profiteroles royale.

Until September. Contact +973 1758 6499.

Tried & tasted

Our top dining experiences this month





LUCIA'S

Located at Address Sky View, experience the spirit of south Italy within a vibrant, playful outdoor dining setting surrounded by lush greenery, rustic interiors, and lemon trees. The Capri-style restaurant boasts breathtaking Downtown and Burj Khalifa views and an impressive menu brimming with delightful Italian flavours.

We had the pleasure of visiting Lucia's for its Caprese Brunch on a vibrant Saturday afternoon. We were greeted by a warm and inviting setting, offering ample shade on the terrace to enhance our dining experience. Throughout the meal, we swayed to traditional Italian tunes performed by a live singer, followed by upbeat music from the resident DJ.

The highlights

Once seated, we were swiftly presented with the brunch menu including options of the regular, non-alcoholic, and premium package. For drinks, we kicked off with the tropical Passione (passion fruit, fresh apple juice, and vanilla) and a refreshing Piccolo paradiso (cucumber, basil, bergamot, and ginger hop) while marvelling at the stunning outdoor views and lush interiors adorned with lemon trees.

In no time, our table was graced with an exquisite array of sharing-style appetizers including Trio di crudo consisting of bluefin tuna, sea bass, and red snapper crudo served with a signature dressing; an Italian burrata ball gorgeously dressed with marinated grilled vegetables, taggiasca olives, and basil pesto; Insalata di arance e finocchi featuring blood orange, fennel, soncino, green beans alongside green apples and walnuts vinaigrette for a crunchy texture; and Carpaccio di manzo with parmesan cheese and balsamic vinegar dressing. We were pleased to find that the starters were served gradually, allowing us to savour our dishes before the subsequent round arrived with a restful pause perfectly coinciding with live performances by the guitarist before the remainder of our starters were served.

We tucked into Insalata di mare (poached mixed seafood salad), Fritto calamari served with a tantalizing Capri lemon mayo and a spicy tomato sauce, and Vitello - slow-cooked veal crowned with a zesty tuna and capers mayo. Our favourite was the stunning Parmigiana di melanzane showcasing relishing layers of deep-fried aubergine, tomato sauce, mozzarella, and parmesan cheese.

Our choice of mains featured the Lasagna alla bolognese di wagyu (freshly prepared egg pasta sheets layered with slow-cooked wagyu beef bolognese, bechamel sauce and parmesan cheese), Risotto ai frutti di mare (carnaroli rice with lobster, prawns, clams, calamari, bisque, and cherry tomatoes), and Pollo alla diavola (corn-fed baby chicken, roasted potatoes, and friarielli). We devoured our dishes with a scrumptious side of Insalata di rucola e parmigiano (rocket leaves and parmesan cheese salad) and Patate fritte (hand-cut fries topped with parmesan cheese and oregano).

Conclude with a selection of mini Italian pastries including Tiramisu classico, Cannoli siciliani (crispy pastry shells filled with a rich and creamy ricotta filling), Capri lemon tart, and crispy, creamy Millefoglie.





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Anantara World Islands Dubai Resort further presents a captivating culinary experience with its Spice Spoons culinary class, immersing guests in the cultural richness of Indian and Middle Eastern cuisine. Under the expert guidance of seasoned chefs, guests can delve into a world of flavours and master the art of preparing traditional dishes such as Sawda and Dhakte jhinga.

In addition, the Daycation offer at The World Islands features a special day trip for guests to bask in the sun along the picturesque coastline and explore an array of aquatic sports and activities, ranging from snorkelling and beach volleyball to e-foil adventures.

For Anantara World Islands Dubai Resort, contact +9714 567 8777 or email worldislands@anantara.com. Visit anantara.com/world-islands-dubai.

For Anantara The Palm Dubai Resort, contact +9714 567 8999 or email resdubaipalm@anantara.com. Visit anantara.com/palm-dubai.







FOUQUET'S DUBAI

Transport into the very heart of Parisian "Art de Vivre" at this French fine dining venue situated in Downtown Dubai. Fouquet's striking interiors pay homage to its cinematic history and illustrious guests who graced its red carpet during the César Awards Dinner. As it was an early dinner, we enjoyed the quiet evening with a tour around the three-storey restaurant featuring a delightful Brasserie, Le Café serving freshly baked pastries, coffee, and breakfast favourites, and the rooftop Le Toit for an unforgettable nightlife experience accompanied by a wide selection of signature beverages.

We were escorted to the Brasserie, where a refined and contemporary ambience awaited us. The upscale dining space features red velvet armchairs and stylish wood-panelled walls, adorned with captivating black and white Harcourt portraits creating an elevated look.

The highlights

Combining French gastronomy with local influences, the menu at La Brasserie showcases a variety of carefully crafted dishes including appetizers, main courses, and desserts. From traditional French favourites such as Foie gras de canard (Classic duck foie gras), Escargots de Bourgogne au beurre d'ail, Fricassée de homard au gingembre (Lobster fricassee) and plenty more to cater to a wide range of palates.

To begin our meal, my dining partner and I ordered the highly-recommended and aromatic Soupe à l'oignon (onion soup Champs-Élysées style) for a comforting warm starter and refreshing Salade Caesar façon Fouquet's featuring baby gem lettuce, chicory, succulent corn-fed chicken breast, delicate parmesan flakes, and a traditional Caesar dressing. The decadent soup was our favourite for its flavourful broth topped with melted cheese and bread slices.





Our mains arrived soon after, the Suprême de volaille rôtie, crème de morilles showcasing a succulent roasted corn-fed chicken breast served with cream infused with morel mushrooms; and the Filet de bœuf marbré 8-9 with Champs-Elysées sauce cooked perfectly to provide tender and marbled beef fillet placed atop a bed of caramelized onions. We enjoyed our dishes with a side of rich Gratin dauphinois and Pommes 'coin de rue'. What truly impressed us was the generous portion sizes of each dish served to the table.

After our hearty meal, we opted for the mouth-watering Profiteroles, showcasing choux pastry shells meticulously filled with creamy vanilla ice cream and finished with hot chocolate sauce poured over the profiteroles with a sprinkle of almond flakes, providing a crunchy and nutty undertone.

Book now

Contact +9714 524 5301 or visit hotelsbarriere.com/en/collection-fouquets/dubai.html.

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Unwind at the luxury urban resort by the creek at InterContinental Dubai Festival City, InterContinental Residence Suites Dubai Festival City, Crowne Plaza Dubai Festival City, and Holiday Inn & Suites Dubai Festival City. Don't miss exclusive season offers including up to 25% savings on staycations, enjoy multi-cuisine dining options, and plenty more across its breathtaking venues.





SUMMER OFFERS

Embark on an extraordinary adventure at InterContinental Dubai Festival City, where a world of possibilities awaits. Elevate your experience with the "Shop, Stay & Savour" package, treating yourself to a delectable complimentary breakfast and dinner, a delightful Dubai Festival City Mall shopping voucher, and exclusive access to the lively Planet Trekkers Kid's Club. Furthermore, the SPAcation package features a 20% discount at SPA InterContinental and afternoon tea at Club InterContinental Lounge while families are spoilt for choice with tailored staycation options at Crowne Plaza and Holiday Inn & Suites Dubai Festival City. From enticing vouchers to family-friendly activities, head to the QR code above to view all the summer offerings.

PLETHORA OF ROOMS AND SUITES

InterContinental Dubai Festival City offers a serene and sophisticated retreat, ideal for couples and girls' getaways, boasting breathtaking views of the Dubai Skyline and the iconic Burj Khalifa. Families can choose from a variety of options at Crowne Plaza including spacious rooms, connecting room options, and 2-bedroom suites. Holiday Inn & Suites presents an array of cost-effective choices with its modern family rooms. For larger groups,





InterContinental Residence Suites offers 2, 3, or 4-bedroom options with fully equipped kitchens, ensuring a luxurious stay.

BEAT THE HEAT BY THE POOL

InterContinental boasts the renowned Infinity pool, a breathtaking glass-bottom pool suspended on the fourth floor, offering unrivalled views of Dubai Creek, the city's skyline, and Burj Khalifa. The palm-fringed pools, jacuzzi and leisure deck at InterContinental and Crowne Plaza offers the ultimate relaxation while savouring refreshing concoctions. Don't forget to check out the pool passes!

ADVENTURE-PACKED FUN FOR CHILDREN

Children can embark on exciting journeys at Planet Trekkers at InterContinental Dubai Festival City including a range of activities such as rock climbing walls, art projects, and cooking classes, to name a few.

GASTRONOMIC GETAWAY

The destination features 16 restaurants with a plate for every palate. Experience vibrant nights at Vista, where you'll find captivating live performances, stunning 180-degree views of Dubai Creek, and an exquisite selection of beverages and cosmopolitan bites. Looking for the perfect spot to catch the next game? Step into Belgian Café Dubai Festival City, featuring a two-floor wooden decor, a wide selection of hops, delectable pub cuisine, and digital screens to catch all the live action. Families are invited to indulge in The Big Toys Brunch, a delightful collaboration with Toys 'R' Us, for a scrumptious buffet and exciting activities for the little ones.

MICHELIN-STARRED DINING

Pierre's TT, led by renowned three Michelin-starred Chef Pierre Gagnaire, offers an extraordinary dining experience with its exquisite French delicacies, expert mixology, and welcoming ambience. For an authentic Parisian experience, CHOIX presents a specially curated afternoon tea by Chef Pierre Gagnaire, featuring a wide selection of delectable treats with premium tea and coffee.

RELAXING AND REJUVENATING SPA TREATMENTS

Escape to tranquility with a 45-minute muscle reviver massage and a 30-minute ELEMIS express facial to look visibly refreshed, renewed and radiant this summer.

COOKBOOK CHALLENGE

Cucina by Gennaro Contaldo

Editor Keith Kendrick takes a walk down memory lane with the *Saturday Kitchen* regular's new Italian cookbook

My mum wasn't a great cook, but she knew how to feed her four sons. She worked three jobs, so time and money was tight, but she knew what to do with both. She was a pioneer of nose-to-tail eating before it was trendy. Sunday lunch was often roasted cow's heart or pork shank – knuckle – boiled with carrots, potatoes and dried peas. It's that memory that drew me to Gennaro Contaldo's pork knuckle ragu recipe in his new cookbook, *Gennaro's Cucina*. He explains, "Cucina povera is the basis from which all our favourite Italian dishes come. It originates mainly from rural areas, where meals were created using a limited number of ingredients – either what people grew, or what little they could afford to buy. In doing so, they learnt to value what they had and lovingly cook dishes to ensure they tasted better, using all their imagination to make food go as far as they could." Laid out in nine chapters, each showcases what we might call a humble ingredient – potatoes, beans, eggs – and transforms them into hearty, satisfying dishes. The emphasis is on cooking smart: finding creative ways to cook so any surplus isn't wasted.

You'd expect recipes for pasta, beans and pulses in an Italian cookbook, but it's the section on bread that's particularly interesting. Gennaro says, "Bread, which we often take for granted these days, is never wasted." Stale bread goes into Tuscan panzanella with olive oil, tomatoes and olives. In Puglia, pane cotto is popular – stale bread cooked in a broth, sometimes with veg. And, many soups are made with bread – ribollita or pappa al pomodoro, to name just two. It's also used as a filling to stuff veg or added to meatballs. Cheaper cuts of meat and offal are used in slow-cooked ragus and stews.

For this challenge, I made the pork knuckle ragu with garlic, herbs and parmesan. It takes time, but the tomato sauce can be chilled or frozen for later. A great example of batch cooking. Or, use some bread to mop up the sauce!

> **It's about finding creative ways to cook so surplus isn't wasted**

Pork knuckle ragu

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY**

2 garlic cloves, finely chopped
2 rosemary sprigs, needles picked and finely chopped
handful of parsley, finely chopped
¼ lemon, zested
10g grated parmesan
1.5kg pork knuckle (in one piece)
5 tbsp extra virgin olive oil
50ml white wine
½ onion, finely chopped
1 celery stick, finely chopped
1 small carrot, finely chopped
1 litre tomato passata
crusty bread or pasta, to serve

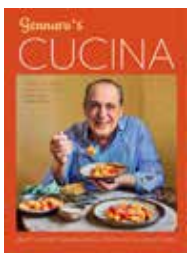
1 Combine the garlic, rosemary, parsley, lemon zest, parmesan, a little salt and pepper in a bowl, then press this mixture around the pork cavity. Secure with kitchen string to secure the filling inside.
2 Heat 2 tbsp of the olive oil in a large saucepan over a medium-high heat and brown the pork on all sides for about 20 mins. Add the wine and allow it to evaporate. Transfer the pork to a plate and set aside.
3 Heat the remaining olive oil in the same pan and cook the onion, celery and carrots over a medium heat for about 5 mins until softened. Return the pork to the pan, then add the tomato passata and enough water to just cover the pork (about 600ml). Bring to the boil, then reduce the heat to a simmer, partially cover with a lid and cook gently for 3 hrs 30 mins, or until the meat is tender and almost falling off the bone, and the tomato sauce has thickened.



4 Remove the pork to a board and slice the meat, then serve with a little of the tomato sauce, mopping it up with some crusty bread, or serve with pasta.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 721 kcals • fat 48g • saturates 15g • carbs 14g • sugars 13g • fibre 3g • protein 54g • salt 0.4g





Recipe adapted from *Gennaro's Cucina* by Gennaro Contaldo. Photographs by David Loftus. (Recipe is sent by the publisher and not retested by us.)

Books for cooks

Helena Busiakiewicz from our cookery team selects her favourite new books to inspire you this month

The Modern Spice Rack

by Esther Clark and Rachel Walker

Esther Clark, who was previously deputy food editor at Good Food, demonstrates how to utilise bold spices in a surprising way in her new cookbook. Alongside the recipes is the history and origins of spices from Rachel Walker, with notes on how to store and use them properly. It'll make you reach for those spices at the back of your cupboard.

Must-try recipe: Golden milk custard tart



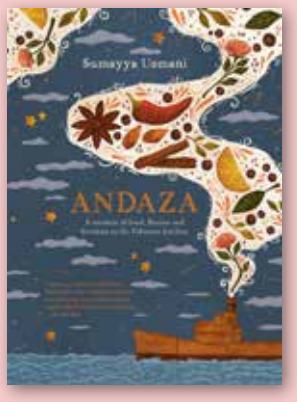
Bao

by Erchen Chang, Shing Tat Chung and Wai Ting Chung

Anyone who's a fan of the hip London eatery will rejoice at the Bao cookbook, which reveals insider knowledge on its speciality dishes. Dishes such as the chicken nugget bao, slow-cooked beef cheek, short-rib noodles and peanut milk are sure to win your curiosity. Perfect inspiration for a weekend feast with friends.

Must-try recipe: Sad face bao





Andaza

by Sumayya Usmani

Andaza reads like a page-turning novel, with passages describing the sights and sounds of home-cooking in Pakistan and beyond. The descriptions are so vivid they'll make your mouth water. A delightful read, with clear and concise recipes from Sumayya's childhood.

Must-try recipe: Family shami kebabs

goodfood COOK SMART

Get your gadgets going

With air fryers, slow cookers and pressure cookers still incredibly popular, we share new recipes to help you make the most of yours

recipes CASSIE BEST & BARNEY DESMAZERY *photographs* MIKE ENGLISH & TOBY SCOTT

Slow cooker coq au vin

We've used budget-friendly chicken thighs here – the best cut for slow cooking.

SERVES 4 **PREP** 30 mins
COOK 4 hrs **EASY**

8 skin-on, bone-in chicken thighs
30g butter
140g smoked bacon lardons or diced smoked pancetta
400g pearl onions or small shallots, peeled and left whole (see tip, right)
2 large or 4 small carrots, peeled and cut into chunks
2 garlic cloves, crushed
3 tbsp plain flour
1 tbsp tomato purée
300ml chicken stock
600ml red wine
2 bay leaves
1 large thyme sprig
300g button chestnut mushrooms, kept whole, larger ones chopped
handful of parsley leaves, chopped (optional)
mash or buttered tagliatelle, to serve

1 Season the chicken. Melt half the butter in a deep frying pan or large flameproof casserole over a medium heat and cook the chicken, skin-side down, for 10 mins until deep golden. Flip to seal the fleshy side for a few minutes – you may need to do this in batches. Put in the slow cooker.

2 Tip the bacon into the same pan and fry for 5-6 mins until crisp, then add to the slow cooker. Tip the onions or shallots and carrots into the pan and fry in the bacon fat for 5 mins until starting to colour. Add the garlic, cook for 1 min more, then sprinkle over the flour and cook for 1-2 mins until you have a sandy paste. Stir through the tomato purée and cook for 2 mins more. Bring to the boil, then turn down to a simmer for 2 mins.

3 Tip the contents of the pan over the chicken. Pour the stock and wine into the pan, bring to the boil, then pour into the slow cooker. Nestle in the bay leaves and thyme, season, then set the slow cooker on high for 3-4 hrs, 5-6 hrs on medium or 7-8 hrs on low, stirring once or twice, until the chicken is tender.

4 While the chicken cooks, heat the remaining butter in a clean pan and fry the mushrooms for 4-5 mins over a medium heat. Tip into the slow cooker about an hour before the end of cooking and stir. *At this stage, the coq au vin can be cooled and kept chilled for up to three days or frozen for up to three months. Defrost and reheat in a pan over a medium heat until piping hot.* Scatter over the parsley, if using, and serve with mash or buttered tagliatelle.

GOOD TO KNOW fibre • iron • 3 of 5-a-day
PER SERVING 678 kcals • fat 35g • saturates 12g • carbs 21g • sugars 9g • fibre 6g • protein 39g • salt 2.1g

gf tip

Baby onions or shallots can be tricky to peel, but if you leave them soaking in boiled water for a few minutes, then drain and leave to cool, the skins just slip off.



Shoot directors CLOE-ROSE MANN | Food stylists ESTHER CLARK | Stylists FAYE WEARS







Shoot director FREDDIE STEWART | Food stylist MATTHEW FORD | Stylist HANNAH WILKINSON

Easy pressure cooker lamb & coconut curry

We've opted for straight-up lamb, but you could also simmer some potatoes with the sauce or wilt some spinach through at the end. This recipe would also work with diced chicken, which would only need 5-10 mins in the cooker.

SERVES 4 **PREP** 15 mins plus cooling
COOK 45 mins **EASY** ❄

3 tbsp sunflower oil
1 onion, thinly sliced
2 garlic cloves, crushed
thumb-sized piece of ginger, peeled and grated
750g diced lamb (we used lamb leg)
4 tbsp medium curry paste
400g can chopped tomatoes
400g can coconut milk
1 tsp garam masala
25g bunch of coriander, leaves picked and chopped, to serve
cooked rice and poppadums (optional), to serve

1 Heat the oil in the pressure cooker then scatter in the onion and a pinch of salt and cook for 8-10 mins, stirring occasionally until the onions are starting to colour. Stir in the garlic and ginger and cook for 3 mins more until soft and fragrant.
2 Turn up the heat and stir the lamb into the pot with the paste and cook until the lamb changes colour and everything is sticky. Tip in the tomatoes and bubble for 5 mins, then pour over the coconut milk. Bring to the boil, cover with the lid, bring up to high pressure and cook everything for 15 mins.
3 Release the pressure, give everything a stir and test if the lamb is tender. If not, replace the lid and give everything 5 mins more on high pressure. Once the lamb is tender, stir through the garam masala. *At this point, the curry can be cooled then kept chilled for up to four days or frozen for up to three months in an airtight container. Defrost and reheat thoroughly in a pan over a medium heat.* Leave to cool for 10 mins before scattering over the coriander. Serving with cooked rice and poppadums, if you like.

GOOD TO KNOW iron • omega-3 • 1 of 5-a-day
PER SERVING 657 kcals • fat 49g • saturates 24g • carbs 12g • sugars 9g • fibre 3g • protein 40g • salt 0.8g

● **Using a ceramic or multi-pressure cooker:**
If you can't fry in your cooker, start the curry in a sauté pan or casserole, then once you've brought it to the boil, transfer it to the pressure cooker and carry on as stated.

● **Using a slow cooker:**
This recipe can just as easily be made in a slow cooker. Make the curry in a sauté pan or casserole up to boiling the coconut milk (in step 2) then tip into a slow cooker, cover and cook on high for 3-4 hrs, medium for 5-6 hrs or low for about 7 hrs, stirring occasionally, until the lamb is very tender.

goodfood COOK SMART

HELPING YOU TO COOK SMART
Rising food and energy costs mean that many of us are having to think carefully about getting the most from our budgets. To help with this challenge, BBC Good Food has developed Cook Smart, a supportive campaign bringing together knowledge and ideas to help everyone eat well on a budget. Cook Smart also explores the best energy-efficient cooking methods such as hob cooking and microwaving, as well as using slow cookers, multi cookers and pressure cookers.

Air-fryer crispy chilli beef

SERVES 2 **PREP** 15 mins plus optional marinating **COOK** 15 mins **EASY**

250g thin-cut minute steak, thinly sliced into strips
2 tbsp cornflour
2 tbsp vegetable oil, plus a drizzle
2 garlic cloves, crushed
thumb-sized piece of ginger, peeled and cut into matchsticks
1 red chilli, thinly sliced
1 red pepper, cut into chunks
4 spring onions, sliced, green and white parts separated
4 tbsp rice wine vinegar or white wine vinegar
1 tbsp soy sauce
2 tbsp sweet chilli sauce
2 tbsp tomato ketchup

For the marinade

½ tsp Chinese five-spice powder
2 tsp soy sauce
1 tsp sesame oil
1 tsp caster sugar

1 First, combine the marinade ingredients in a bowl. Add the steak strips and toss to coat. Leave in the fridge for up to 24 hrs if you can, or carry on to step 2.
2 Sprinkle the cornflour over the steak and mix until each piece is coated in a floury paste. Pull the strips apart and arrange over a plate. Drizzle each piece of steak with a little oil. Heat the air fryer to 220C if it has a preheat setting.
3 Carefully put the beef on the cooking rack in the air fryer, cook for 6 mins, then turn and cook for another 4-6 mins until crispy.
4 Meanwhile, heat 2 tbsp vegetable oil in a wok over a high heat and stir-fry the garlic, ginger, chilli, pepper and white ends of the spring onions for 2-3 mins until the pepper softens. Be careful not to burn the ginger and garlic. Add the vinegar, soy, sweet chilli sauce and tomato ketchup, mix well and cook for another minute until bubbling.
5 Tip the beef into the wok and toss through the sauce. Continue cooking for another minute until piping hot, then serve scattered with the spring onion greens and a little extra sauce on the side.

GOOD TO KNOW low cal • vit c • iron • 1 of 5-a-day
PER SERVING 440 kcals • fat 19g • saturates 3g • carbs 34g • sugars 20g • fibre 3g • protein 31g • salt 3.1g

easy

Delicious, simple, and easy-to-make recipes



reduce waste

love your leftovers, page 30



midweek meals

veggie weekdays, page 24



last bite

Yorkshire classic, page 32

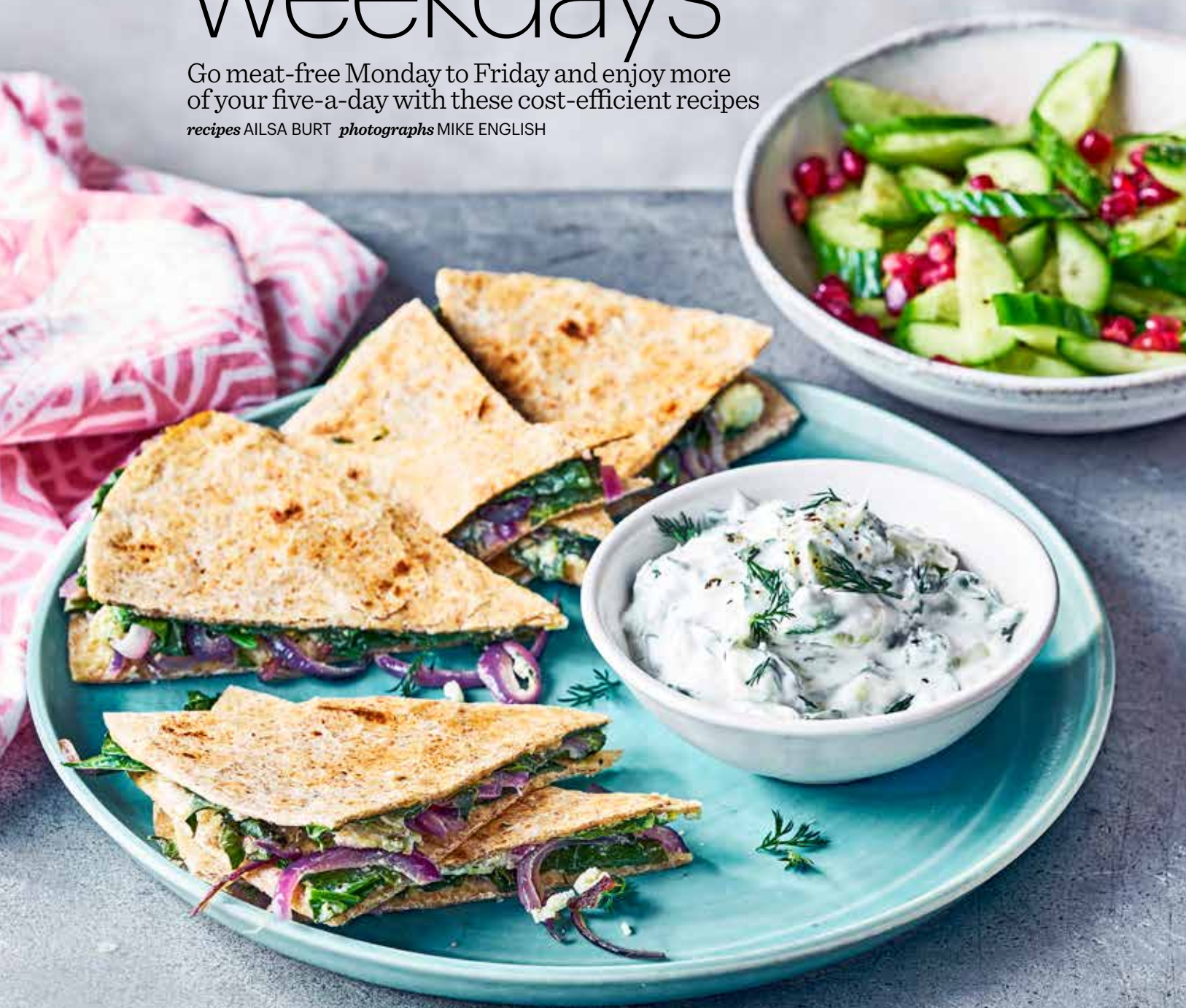
midweek meals

COOK SMART

veggie weekdays

Go meat-free Monday to Friday and enjoy more of your five-a-day with these cost-efficient recipes

recipes AILSA BURT ***photographs*** MIKE ENGLISH



Cheat's spinach gözleme



Braised sesame tofu

BALANCED

Cheat's spinach gözleme

This speedy version of Turkish gözleme (stuffed flatbread) works as a light dinner, plus you can make one ahead for your lunchbox.

SERVES 2 **PREP** 20 mins
COOK 15 mins **EASY** V

1 tbsp olive oil
1 red onion, finely sliced
2 garlic cloves, crushed
200g spinach
1 lemon, zested and juiced
small handful of dill, roughly chopped, plus extra to serve
1 egg, beaten
4 medium wholemeal tortillas
50g reduced-fat Greek salad cheese, crumbled
½ cucumber, thinly sliced into half-moons
2 tbsp pomegranate seeds
tzatziki, to serve

1 Heat half the oil in a pan over a medium heat and fry the onion with a pinch of salt for 5 mins until beginning to soften. Stir in the garlic and cook for 2-3 mins more until fragrant. Remove from the heat and set aside to cool.
2 Combine the spinach, lemon zest, a squeeze of lemon juice, the dill, egg, a generous grinding of pepper and a pinch of salt in a large bowl. Mix in the onions and garlic. Heat the remaining oil in the pan, add a tortilla, spread over half the spinach mixture and top with half the crumbled cheese and a second tortilla. Weigh it down with a lid that's slightly smaller than the pan or a plate, and cook for 3-5 mins over a medium heat until browned. Carefully flip and cook for a further 3-5 mins until the spinach is wilted. Repeat with the remaining tortillas and filling (no need to add more oil).
3 Toss the cucumber slices and pomegranate seeds with a splash of lemon juice. Season well. Serve with some tzatziki on the side and sprinkle over extra dill, if you like. *Will keep chilled in an airtight container for up to two days.*

GOOD TO KNOW low cal • folate • vit c • fibre • 3 of 5-a-day
PER SERVING 438 kcals • fat 15g • saturates 6g • carbs 47g • sugars 10g • fibre 10g • protein 20g • salt 1.5g

HEALTHY

Braised sesame tofu

Tofu is so versatile and a great vehicle for flavour. This braise is loaded with heat and umami flavour for the tofu to soak up.

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY** V

400g extra-firm tofu
½ tbsp reduced-salt soy sauce
1 tbsp mirin
½ tbsp gochujang
3 garlic cloves, finely chopped
2 tsp sesame seeds
2 spring onions, finely sliced
1 tbsp rapeseed oil
200g green beans
cooked brown rice, to serve

1 Pat the tofu block dry and cut in half lengthways, then into 1cm-thick slices. Set aside on a plate lined with kitchen paper, then put another sheet of paper and a plate on top to weigh it down while you prepare the braise. Mix the soy sauce with the mirin, gochujang, garlic, sesame seeds, most of the spring onions and 200ml water.
2 Heat the oil in a pan over a medium-high heat and fry the tofu for 4-5 mins on each side until golden brown. Pour in the soy sauce mixture and scatter over the green beans. Bring to a simmer, and cook over a medium heat for 10 mins until the braising liquid has thickened and the green beans are tender.
3 Sprinkle over the remaining spring onions and serve with the brown rice.

GOOD TO KNOW vegan • healthy • calcium • fibre • 1 of 5-a-day
PER SERVING 382 kcals • fat 22g • saturates 3g • carbs 12g • sugars 7g • fibre 8g • protein 30g • salt 0.6g

BALANCED

Spiced paneer dhal

Omit the chilli if you prefer less heat or you're making this for kids.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** **V**

1 tbsp rapeseed oil
150g paneer, cut into 1cm cubes
5 cardamom pods, bashed
1 cinnamon stick
1 large onion, finely sliced
3 garlic cloves, crushed
15g ginger, peeled and grated
1 green chilli, finely chopped and deseeded (optional)
1 tsp ground turmeric
300g red lentils, rinsed
850ml vegetable stock
small handful of coriander, leaves picked
naan or chapati and coconut yogurt, to serve

1 Heat the oil in a saucepan over a medium heat. Fry the paneer until golden brown, about 5-7 mins. Transfer to a bowl and set aside. Put the cardamom and cinnamon in the pan and fry for 1-2 mins until fragrant. Add the onion, garlic, ginger, chilli and turmeric. Cook for 5 mins until softened before adding the lentils and stock. Season and bring to a simmer, then cook over a medium heat for 15-20 mins until the lentils are tender and thickened. **2** Season the dhal and tip in the paneer. Serve with the coriander sprinkled over, and chapati or naan and coconut yogurt, if you like.

GOOD TO KNOW low cal • calcium • fibre • iron • 2 of 5-a-day
PER SERVING 447 kcals • fat 13g • saturates 6g • carbs 49g • sugars 6g • fibre 8g • protein 29g • salt 1.4g

HEALTHY

White bean & chard 'meatballs'

Here, beans provide a big protein boost without the need for meat.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY** V

200g Swiss chard
400g can white beans, such as cannellini or butter beans, drained and 2 tbsp liquid reserved
4 garlic cloves, crushed
30g vegetarian Italian-style hard cheese, finely grated
1 tsp dried mixed herbs
1 egg, beaten
30g breadcrumbs
2 tbsp olive oil
300g wholemeal spaghetti
1 small onion, finely chopped
2 tbsp tomato purée
250g cherry tomatoes, roughly chopped

1 Tear the leaves from the chard stems and finely chop both, keeping them separate. Heat a dry, non-stick frying pan over a medium heat and cook the leaves for a few minutes until wilted, then transfer to a bowl.
2 Put the beans, half the garlic, the cheese, herbs, egg and breadcrumbs in a bowl. Season well and mash together. The beans should be broken up, but not smooth. Pour in 1 tbsp of the reserved bean liquid to bind the mix, adding another 1 tbsp if needed. Using damp hands, roll into 12 ping-pong-sized balls.
3 Heat half the oil in the pan used in step 1, and fry the 'meatballs' over a medium heat until brown, carefully turning using tongs so they don't break, about 10 mins. Remove to a bowl and set aside.
4 Meanwhile, cook the pasta following pack instructions. Heat the remaining oil in the pan. Stir in the chard stems, onion and a pinch of salt. Cook over a medium heat for 5 mins until softened, then mix in the remaining garlic. Fry for 1 min until fragrant, then add the tomato purée. Let the purée caramelise for 3-4 mins, then stir in the cherry tomatoes and 250ml water. Bring to a simmer and cook for 5-7 mins, breaking up the tomatoes with a wooden spoon until slightly thickened. Season well, add the browned balls to the sauce and serve with the pasta.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 495 kcals • fat 11g • saturates 3g • carbs 72g • sugars 6g • fibre 12g • protein 20g • salt 0.7g



BALANCED

Crunchy noodle salad

Toasted dried noodles give this salad pleasing texture that, when combined with fresh veg and citrus, makes for a vibrant, satisfying supper.

SERVES 2 **PREP** 20 mins
COOK 2 mins **EASY** **V**

1 nest of dried egg noodles (about 60g)
2 tbsp sunflower oil
1 tsp sesame oil
1 tbsp apple cider vinegar
½ tbsp reduced-salt soy sauce
1 tsp maple syrup
1 mandarin, segmented
2 carrots, grated
2 spring onions, finely sliced
1 avocado, peeled, halved, destoned and diced
100g mixed salad leaves
¼ small red cabbage, finely sliced

1 Break up the noodles into small pieces and tip into a dry frying pan over a medium heat. Toast for 1-2 mins until slightly golden. Remove from the heat and set aside.
2 Combine both oils, the vinegar, soy sauce and maple syrup in a large bowl and season. Toss in the rest of the salad ingredients, along with the toasted noodles. Serve immediately.

GOOD TO KNOW folate • fibre • vit c • 4 of 5-a-day
PER SERVING 430 kcals • fat 24g • saturates 4g • carbs 40g • sugars 17g • fibre 12g • protein 8g • salt 0.9g

Shoot director FREDDIE STEWART | Food stylist HANNA MILLER | Stylist MAX ROBINSON

COOK SMART

reduce waste

love your leftovers

Use up what's left from our midweek meals



Three ways with leftover spinach



Sesame spinach salad

Cook handfuls of **spinach** in a pan of boiling water for 1 min. Drain and cool, then squeeze out the water and chop. Grind **2 tbsp toasted sesame seeds** and add **1 tbsp soy sauce**, **½ tbsp caster sugar** and a **splash of mirin and sake**. Mix until the sugar has dissolved. Toss the dressing with the spinach.



Smoothie

Tip two large handfuls of **spinach** into a blender along with **1 peeled and chopped banana**, a **couple of handfuls of frozen pineapple** and **1 chopped apple**. Top with **coconut water** and blend until smooth, topping up with more coconut water if needed. Serve over **ice**.



Spinach & feta parcels

Wilt several handfuls of **spinach** in a hot pan, transfer to a sieve and squeeze out as much water as possible. Toss with **crumbled feta** and wrap in a few sheets of **filo pastry**, sealing the edges with **beaten egg**. Bake in the oven at 200C/180C fan/gas 6 for 25-30 mins or until crisp and golden.

Mandarin & pomegranate salad

Juice one leftover **mandarin**. Combine with **2 tbsp sunflower oil** and **1 tbsp rice vinegar**, and season well. Segment the remaining mandarins and toss with the dressing, leftover **pomegranate seeds** and **salad cheese** from the gözleme, along with some **salad leaves**.

Charred spring onion dip

Toss leftover **trimmed spring onions** from the tofu recipe in a **glug of rapeseed oil**. Tip into a dry, hot pan and cook over a high heat, shaking the pan occasionally until all sides are charred. Once cooled, finely chop and mix with a pot of **soured cream**, **1 crushed garlic clove**, a **sprinkle of smoked paprika** and some leftover **soft herbs**. Serve with **crudités** for dipping.

Paneer toastie

Grate any remaining **paneer** from the dhal recipe. Mix with a handful of leftover **chopped coriander** and **chopped chilli**. You can also add any leftover **grated cheese** you have, such as cheddar. Spread the outside of **2 pieces of thick bloomer bread** with **mayonnaise**. Lay mayo-side down in a pan and top with the cheese mixture, then the second piece of bread, mayo-side out. Press down and fry for 2-4 mins on each side, or until golden and melted. Serve with **mango chutney**.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers. Listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

Photos GETTY IMAGES







AURA Skypool

Experience the epitome of culinary excellence at the world's highest 360-degree infinity pool, where British Chef Craig Best spearheads an exceptional sharing-style menu with an Asian twist

Chef Craig Best embarked on his culinary journey in Bedfordshire before kickstarting his professional career at Gordon Ramsay Group in London as a Demi Chef de Partie. With an unwavering commitment to excellence, he subsequently worked with renowned venues including La Trompette, Michael Nadra Brasserie, Marcus Wareing, Gordon Ramsay Hell's Kitchen Dubai, and Jason Atherton's Social Company. Ahead, he shares one of AURA Skypool's standout creations, the Gochujang cauliflower popcorn.

Gochujang cauliflower popcorn

SERVES 5

For the gochujang glaze
200ml sweet soya
50g sriracha
100g honey
250ml non-alcoholic mirin
75g gochujang paste
75ml sesame oil
2 garlic cloves
50g onion
5g sesame seeds
1 spring onion

For the batter
250g tempura flour
250ml cold water
1 cauliflower head

1 To prepare the Gochujang glaze, combine all the ingredients in a large saucepan. Bring the mixture to a boil, then reduce the heat to a gentle simmer. Allow it to cook on low heat for a duration of 30 to 45 minutes.
2 After cooking, use a hand blender to quickly blend the mixture and strain, then set aside.
3 Heat a pan of vegetable oil to a temperature of 180 degrees.
4 To prepare the Cauliflower popcorn, begin by trimming the cauliflower into bite-sized florets, approximately 2cm in size.
5 Create the tempura batter by whisking together equal amounts of tempura flour and cold water until the mixture is silky and smooth, ensuring there are no lumps.
6 Add the Cauliflower florets to the batter and evenly coat. Carefully place each floret individually into the hot oil and leave for around 2 minutes. Once cooled, fry again for another 60 to 90 seconds until crisp and golden.
7 Place the popcorn in a deep bowl and pour over the Gochujang glaze. Garnish with sesame seeds and sliced spring onion.

AURA Skypool offers Gochujang cauliflower popcorn as part of its Lunch in the Sky and Night Brunch in the Lounge menus. Contact +9714 566 2121. Visit auraskypool.com.

Yorkshire classic

Enjoy these fat rascals with a cuppa

recipe SAMUEL GOLDSMITH *photograph* MIKE ENGLISH



Fat rascals

Originating in Yorkshire in the 19th century as a teacake containing butter and cream, these will make a fun addition to an afternoon tea.

MAKES 6 **PREP** 20 mins
COOK 20 mins **EASY** V

175g plain flour
175g self-raising flour
175g cold unsalted butter, cut into cubes
1 tsp baking powder
120g caster sugar
175g mixed dried fruit
1 tsp ground cinnamon
½ tsp ground nutmeg
1 orange, zested
1 lemon, zested
2 eggs, beaten
1-2 tbsp milk (optional)

For the decoration
3 glacé cherries, halved
18 blanched almonds

1 Heat the oven to 180C/160C fan/gas 4 and line a large baking sheet with baking parchment. Put the flours and butter in the bowl of a food processor and blitz until it resembles fine breadcrumbs (or, rub the butter into the flours). Stir in the baking powder, sugar, dried fruit, cinnamon, nutmeg, citrus zests, and a pinch of salt. Mix again to combine.

2 Stir in all but ½ tbsp of the beaten egg, then bring into a ball of dough – if it's too dry, mix in up to 1-2 tbsp milk. You should have a soft dough, similar to scone dough. Divide into six pieces and press each one into a 3-4cm thick disc. Transfer to the baking tray, then glaze with the remaining beaten egg. Decorate each rascal with two cherry halves and three almonds to create a face (see picture above). Bake for 15-20 mins until cooked through – when tapped the bottom, they should sound hollow.

PER SERVING 621 kcals • fat 27g • saturates 16g • carbs 84g • sugars 40g • fibre 4g • protein 9g • salt 1.1g

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Prep-ahead praline, p54



SUMMER HOLIDAY BONANZA, p34



GUEST CHEF

Island flavours, p58





SAVE SUNDAY LUNCH

Mexican lunch for sharing, p64

SOW, GROW, GLOW

Grow your own delicious dinners, p47



Summer holiday bonanza

Get creative in the kitchen with these street-party ideas

recipes GOOD FOOD TEAM AND CONTRIBUTORS

photographs JONATHAN GREGSON

Vol-au-vents are ideal for a street party as they're easy to hold and the possibilities for filling them are endless. We asked some of our favourite food writers for their ideas to give you inspiration.

SABRINA GHAYOUR-LYNN – "No-brainer: I have fond childhood memories of mushroom cream-filled vol-au-vents."

BECKY EXCELL – "My ultimate filling is pork, ginger, spring onions and sesame – my favourite dim sum filling."

CHETNA MAKAN – "I'd serve them filled with roasted smashed aubergine cooked with onions and tomatoes. I love that!"

MELISSA THOMPSON – "I'm a classic vol-au-vent person: prawn, egg or avocado mayo, with loads of chives on top."

ROSIE REYNOLDS – "I'd do a classic prawn cocktail with spicy marie rose sauce made with mayo and sriracha."

URVASHI ROE – "Bateta nu shaak – a very simple Gujarati potato curry – would make a wonderful filling. I'd drizzle them with a green chilli and coriander chutney, and sprinkle over some toasted sesame seeds."

JOHN GREGORY-SMITH – "Creamy mushrooms with a little rose harissa to make them pop!"

GEORGINA HAYDEN – "We'd always have something prawn-based as our filling because most of my family are pescetarian, and it just feels so retro and decadent. I love a bloody mary prawn filling: tomato-mayo base, splash of vodka, dash of hot sauce, some Worcestershire sauce and celery salt, then cress to finish."

VICTORIA PREVER – "Vol-au-vents demand a nostalgic filling. My favourite would be soft, sticky, caramelised red onions topped with a good amount of melted goat's cheese."

DOMINIQUE WOOLF – "My ultimate filling would be Thai yellow egg curry, inspired by a dish I had with soft-boiled eggs that were fried whole and simmered in a creamy, aromatic sauce. It worked so well with the egg, and would be perfect encased in pastry!"

TIFF CHANG – "I'd go for chopped kimchi, spicy BBQ pork belly, gochujang mayo and crispy shallots."

Celebration vol-au-vents

These retro pastry cases are easy to make. For a vegan version, use shop-bought puff pastry (many are vegan, but check the label to ensure they're not 'all-butter'), then brush with plant milk instead of egg. ***Cassie Best***

MAKES 12 PREP 20 mins
COOK 15 mins EASY V

500g block all-butter puff pastry
plain flour, for dusting
1 egg, beaten

1 Line two baking trays with baking parchment. Roll the pastry out on a lightly floured surface until slightly thicker than 2.8mm. Use an 8cm round cutter to mark out 12 circles, being careful not to stamp all the way through, then roll the pastry out again to make it a little thinner and wider if you can't quite fit 12. Stamp out the 12 circles and arrange on the baking tray, spaced apart. Use a 6cm round cutter to mark out a circle in the middle of each pastry disc, being careful not to stamp all the way through. *Will keep chilled for two days or frozen for a month.*

2 Heat the oven to 200C/180C fan/gas 6. Brush the edge of each pastry case with egg, avoiding the marked-out middles. Bake for 15-20 mins, swapping the trays halfway through, if needed. When ready, the pastry cases will be puffed up and deep golden brown. Gently press down the middle of each – you may need to use a small, sharp knife to do this. Leave to cool slightly, then fill and serve. *Best served on the day.*

PER SERVING 167 kcals • fat 10g • saturates 7g • carbs 15g • sugars 0.3g • fibre 1g • protein 3g • salt 0.3g

CHOOSE YOUR FILLING (each fills 12 vol-au-vents)

Smashed feta, pea & mint

Defrost **150g frozen peas** and use a fork to mash most of them with **100g feta** (vegetarian, if needed). Mix in **65g Greek yogurt**, a **small bunch of mint**, chopped, a **squeeze of lemon juice** and seasoning. Fill each pastry case with a spoonful of the mixture, then top with a few of the reserved whole peas, some thinly sliced **radishes** and **pea shoots**, and a **drizzle of olive oil**.

PER SERVING 206 kcals • fat 13g • saturates 9g • carbs 17g • sugars 1g • fibre 1g • protein 5g • salt 0.5g

Harissa & lime prawn cocktail

Combine **100g mayonnaise**, **2 tbsp ketchup** and **1-2 tsp rose harissa** with a **squeeze of lime juice**. Add **300g cooked and shelled prawns**, season and mix well. Spoon into the pastry cases, then top with **chopped chives or cress**.

PER SERVING 246 kcals • fat 17g • saturates 7g • carbs 16g • sugars 1g • fibre 1g • protein 7g • salt 0.8g

Coronation chicken

Spoon the coronation chicken from the recipe into the cases.

PER SERVING 250 kcals • fat 15g • saturates 9g • carbs 18g • sugars 3g • fibre 1g • protein 12g • salt 0.5g

Quick potato curry

Chop **2 medium potatoes** (about 500g) into small chunks, tip into a large pan, cover with water and season. Bring to the boil and cook for 8 mins until tender. Drain. Heat **1 tbsp vegetable oil** in a frying pan over a low-medium heat and cook **1 small red onion**, chopped, **½ tsp each garlic and ginger pastes** for 10 mins. Stir in **1 tbsp curry paste of your choice**, the potatoes, **2 tbsp natural yogurt or coconut milk** and a splash of water. Season. Cook for a few minutes more until the sauce clings to the potatoes. Cool, then spoon into the cases, top with **nigella seeds** and **pomegranate seeds** and chopped **green chilli**.

PER SERVING 216 kcals • fat 12g • saturates 7g • carbs 23g • sugars 2g • fibre 1g • protein 4g • salt 0.4g





Trifle bowl coronation salad

We've transformed classic coronation chicken by adding mango chutney, creamy tahini and nigella seeds. Use it in this colourful layered salad, as a filling for finger sandwiches or vol-au-vents, or on mini poppadoms as a canapé. ***Cassie Best***

SERVES 6-8 PREP 30 mins
NO COOK EASY

340g jar sweet pickled baby beetroot (200g drained weight), halved or quartered
2 Little Gem lettuces, finely shredded
2 carrots, peeled into ribbons using a vegetable peeler
2 courgettes, peeled into ribbons using a peeler, or spiralized
8 thick asparagus spears, tips removed and stalks peeled into thin ribbons using a peeler
2 tbsp extra virgin olive oil
½ lemon, zested and juiced
6 radishes, halved through the stalks or thinly sliced

For the coronation chicken
250g Greek yogurt
2 tbsp tahini
2 heaped tbsp mango chutney
1 tbsp mild curry powder
½ tsp ground turmeric
2 tsp nigella seeds
½ lemon, zested and juiced
2 large cooked chicken breasts

For the minty yogurt chickpeas
150g Greek yogurt
small bunch of coriander
small bunch of mint, leaves picked
1 tsp caster sugar
½ lemon, zested and juiced
400g can chickpeas, drained
¼ cucumber, cut into small pieces

1 First, make the coronation chicken. Combine all the ingredients, except the chicken, in a bowl and season. Chop the chicken into small chunks and stir into the mixture until well coated. *Will keep chilled for up to three days.*
2 Make the minty yogurt chickpeas on the day you want to assemble the salad. Blitz the yogurt, herbs, sugar, lemon zest and juice together in a blender with a pinch of salt until bright green (or, finely chop the herbs and mix with the other ingredients). Tip the chickpeas into a bowl, pour over the minty yogurt, add the cucumber and mix well.
3 Spoon the chickpeas into the bottom of a trifle bowl (ours was 20cm in diameter and 13cm deep). Arrange the beetroot over the chickpeas with the cut-sides facing out, then follow with the shredded lettuce. Spoon over the coronation chicken, spreading it to the edge. Arrange the carrot ribbons on top.
4 Toss the courgette and asparagus ribbons, olive oil, lemon juice and a pinch of salt together in a bowl. Arrange on top of the salad in a swirl, then poke the asparagus tips into the top. Arrange the radishes around the edge of the bowl with the cut sides facing out. Sprinkle over the lemon zest. Serve with large salad spoons so you can scoop to the bottom and get a little of every layer.

GOOD TO KNOW healthy • folate • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 271 kcals • fat 13g • saturates 5g • carbs 15g • sugars 10g • fibre 6g • protein 20g • salt 0.4g

TWIST IT
Veggie trifle bowl coronation salad
Swap the chicken for another **400g can chickpeas**, or use **4 chopped hard-boiled eggs**.



NO TRIFLE BOWL?
Arrange the salad on a platter, cobb-style, with the ingredients laid out in stripes

Rhubarb & elderflower punch

Refreshing and pretty, this punch is quick to make and can be easily scaled up for more guests. ***Ailsa Burt***

SERVES 4 PREP 15 mins COOK 20 mins EASY V

60g golden caster sugar
200g rhubarb, roughly chopped, plus an extra stick to serve
½ lemon, juiced
200ml London dry gin
50ml elderflower liqueur
50ml elderflower cordial
200ml prosecco
200ml litre soda water, chilled
To serve
ice
small bunch of mint, leaves picked
½ cucumber, cut into thin rounds

1 Tip the sugar and 75ml water into a saucepan over a medium heat. Heat gently until the sugar has dissolved, then stir in the chopped rhubarb. Simmer for 15 mins until the rhubarb is soft and falling apart. Leave to cool before passing through a fine sieve, using a ladle or the back of a spoon to extract as much liquid as possible.
2 Peel the extra stick of rhubarb into strips using a vegetable peeler. To serve, tip some ice, the mint leaves and cucumber slices into a large punch bowl or jug, then pour over the rhubarb syrup, lemon juice, gin, elderflower liqueur, elderflower cordial, prosecco and soda water. Stir well.

GOOD TO KNOW gluten free
PER SERVING 265 kcals • fat none • saturates none • carbs 23g • sugars 23g • fibre 0.4g • protein 0.3g • salt 0.04g

Ploughman's sausage rolls

Taking inspiration from your favourite pub lunch, these sausage rolls are easy to make and moreish. ***Ailsa Burt***

MAKES 10 PREP 20 mins COOK 40 mins EASY

8 caramelised onion sausages
5 pickled onions, finely chopped
50g stilton, crumbled
3 tbsp jarred pickle (preferably with small chunks)
100g extra-mature cheddar, grated
plain flour, for dusting
500g block of puff pastry
1 egg, beaten
½ tsp celery salt
English mustard, to serve

1 Heat the oven to 200C/180C fan/gas 6. Line a baking tray with baking parchment. Squeeze the sausagemeat from the skins into a bowl. Tip in the onions, stilton, pickle and most of the cheddar, reserving a small handful, and mix together until well combined.
2 Lightly flour a clean work surface and roll out the pastry into a 30 x 40cm rectangle. Pat the sausagemeat into a log shape that sits in the middle and across the length of the pastry rectangle. It should be about 5cm thick. Brush one of the long sides of pastry with some beaten egg, then fold the other side over to encase the sausagement. Fold the egg-washed side over the top, and press gently to seal. Trim the excess pastry – the overlap should be about 3cm. Carefully turn over the sausage roll so the seal is at the bottom. Using a sharp knife, carefully cut into 4cm-wide pieces and arrange on the baking tray (you should get about 10). *The rolls can now be frozen on the tray. Once solid, transfer to a freezerproof container and freeze for up to three months. Defrost, then cook as below, adding an extra 5 mins.*
3 Brush with the remaining beaten egg, then scatter over the remaining cheese and the celery salt. Bake for 35-40 mins until golden and cooked through. Leave to cool on the tray for 10-15 mins before serving warm with English mustard for dunking.

PER SERVING 398 kcals • fat 28g • saturates 13g • carbs 22g • sugars 5g • fibre 2g • protein 14g • salt 1.7g





Peanut lime salad

Inspired by South Indian lemon rice, this salad platter is ideal for sharing. It has crunch from fresh lettuce and cucumber, plus aroma and bite from curry leaves and peanuts – a perfect base for the onions and potatoes. A sharp mustard dressing brings everything together. Whether you enjoy it on its own or with sides, this is something you'll be making again. ***Chetna Makan***

SERVES 4 **PREP** 20 mins plus cooling
COOK 20 mins **EASY** **V**

2 tbsp olive oil
60g plain peanuts
1 tsp black mustard seeds
10 fresh curry leaves
1 red onion, roughly chopped
1 large potato, chopped into 1cm cubes
½ tsp ground turmeric
300g rice, cooked and cooled
1 Ruby or Little Gem lettuce, roughly chopped
½ cucumber, deseeded and roughly chopped
For the dressing
50ml olive oil
50ml lime juice
1 tsp Dijon mustard

1 Heat the oil in a frying pan over a low heat and cook the peanuts for 5 mins until roasted and golden. Add the mustard seeds and curry leaves and sizzle for a few seconds.
2 Add the onions, potatoes and 2 tbsp water, then cover and cook for 10 mins until the potatoes are soft. Remove from the heat, add ½ tsp salt and ¼ tsp freshly ground black pepper, and mix well. Leave to cool slightly, about 30 mins.
3 Transfer to a large bowl and add the rest of the ingredients.
4 Mix the dressing ingredients together in a separate small bowl, pour this over the salad, toss well to coat everything, and serve.

GOOD TO KNOW vegan • healthy • 2 of 5-a-day • gluten free
PER SERVING 419 kcals • fat 26g • saturates 4g • carbs 34g • sugars 5g • fibre 3g • protein 10g • salt 0.8g



Gochujang & ginger brew glazed holiday ham

Move over chilli sauce and sriracha: gochujang is a Korean chilli-based condiment that's exploded in popularity. Because it's fermented, it packs great depth of flavour. Here, we've used it to create a rich and spicy summer party centrepiece. ***Barney Desmazery***

SERVES 12-15 **PREP** 30 mins plus cooling **COOK** 3 hrs 15 mins **EASY** P

2½-3kg boneless unsmoked gammon joint, tied
1 whole garlic bulb, halved
large piece of ginger, sliced
1 bunch of spring onion greens (save the whites for the slaw, right)
1 red chilli, halved (optional)
2 tbsp soy sauce
450ml ginger beer
For the glaze
4 tbsp gochujang paste (see right)
4 tbsp honey

1 Heat the oven to 180C/160C fan/gas 4. Put the ham in a large roasting tin and scatter over the garlic, ginger slices, spring onion greens and chilli, if using. Pour over the soy sauce and ginger beer. Cover with a couple of layers of foil, sealing it around the edge of the tin to trap in the steam. Roast for 2 hrs, then leave the ham to rest in the tin for 10 mins. (Or, cook in a slow cooker – see right.) Remove the foil, strain off the stock into a heatproof jug and leave to cool for at least 30 mins, or until cool enough to handle. Peel off and discard the thick layer of skin to reveal the layer of fat. *This can be done up to two days ahead – chill the ham and stock until ready to roast.*

2 To make the glaze, strain the stock into a saucepan and bring to the boil. Reduce the heat to medium-high and simmer for 8 mins until reduced by half. Stir in the gochujang and honey, bring to the boil and cook for another 3 mins, stirring cotinuously to combine. Remove from the heat and cool slightly.

3 Heat the oven to 200C/180C fan/gas 6 and score the layer of fat on the ham in a diamond pattern. Put it, fat-side up, in a roasting tin lined with foil then generously brush over half the glaze. Roast for 15 mins, then brush over the remaining glaze. Return to the oven for 10-15 mins more until the ham is sticky and mahogany coloured. Leave to cool for at least 15 mins, or cool completely before carving. Serve with the slaw, right. *The cooled ham will keep chilled for up to five days or frozen for up to three months.*

PER SERVING (15) 303 kcals • fat 11g • saturates 4g • carbs 11g • sugars 9g • fibre 1g • protein 40g • salt 5g

Zesty slaw

SERVES 8-10 **PREP** 25 mins
NO COOK EASY V

4 large carrots, coarsely grated
1 red pepper, deseeded and finely sliced
1 small white cabbage, shredded
small bunch of spring onion whites (use what's leftover from the ham recipe, left), chopped
2 limes, 1 zested, both juiced
handful of coriander, roughly chopped

1 Tip the carrots, red pepper, cabbage and spring onion whites into a bowl and season with salt, then scrunch with your hands.
2 Stir in the lime zest and juice. Scatter over the coriander.

GOOD TO KNOW vegan • healthy • low fat • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING (10) 42 kcals • fat 0.3g • saturates 0.1g • carbs 7g • sugars 6g • fibre 4g • protein 1g • salt 0.04g

DON'T HAVE GOCHUJANG?

If you don't have any gochujang or prefer a less spicy ham, swap it for brown miso paste, or simply omit and glaze with the reduced stock and honey.

USE A SLOW COOKER

The initial cooking of the ham can be done in a slow cooker. Simply assemble everything in the cooker, cover and leave on low for 6-8 hrs, or until the ham is cooked through. Remove to a plate or board, strain the cooking juices and continue with the recipe.



Coffee & caramel cupcakes

These irresistible cupcakes are filled with sweet caramel and topped with buttercream that's been given a savoury edge with brown butter and tahini. They'll be the star of any street party. ***Crystelle Pereira***



MAKES 12 PREP 45 mins plus cooling
COOK 20 mins MORE EFFORT V

170g self-raising flour
5 cardamon pods, seeds removed, toasted and ground
½ tsp baking powder
50g pitted dates, finely chopped
115g unsalted butter, softened
170g light brown soft sugar
1 tsp vanilla bean paste
2 eggs
115g unsweetened soya or regular milk
2 tbsp instant coffee granules
397g can caramel or dulce de leche

For the tahini & brown butter buttercream

200g unsalted butter, at room temperature
120g white tahini
1 tsp vanilla bean paste
170g icing sugar

1 Heat the oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with paper cases. Whisk together the flour, ground cardamom, baking powder and ½ tsp salt. Set aside.

2 Combine 1 tbsp of the flour mix with the chopped dates and toss to coat. Set aside.

3 Beat the butter in a stand mixer fitted with the paddle attachment for about 30 seconds until smooth. Tip in the brown sugar and beat on high speed until pale, light and fluffy, about 8-10 mins. Add the vanilla and beat again to combine. With the motor on low speed, add the eggs, one at a time, mixing well between each addition. Heat the soya milk in a heatproof jug in the microwave for 20 seconds until warm, but not hot. Stir in the coffee granules until dissolved. Set aside.

4 Sift a quarter of the flour mix into the butter and egg mixture, then use a spatula to fold together until just combined. Fold through a third of the milky coffee. Repeat until all the components are used and no streaks of flour remain. Fold in the dates.

5 Divide the batter between the cases and bake for 17-20 mins, or until a skewer inserted into the middles comes out clean. Cool in the tin for 15 mins, then transfer to a wire rack to cool completely.

6 Meanwhile, make the tahini buttercream. Melt the butter in a large saucepan over a medium-low heat, stirring continuously for 10 mins. It will froth up vigorously, and you should start to see light brown solids form at the bottom. Pour into a heatproof bowl.

7 Leave the butter to cool slightly, then transfer to the fridge, stirring occasionally, until it is a spreadable consistency, about 30 mins. Transfer to a stand mixer, add the tahini and beat until combined. Add the vanilla bean paste along with a pinch of salt, and mix again. Mix in the icing sugar, a little at a time, beating well between each addition to fully incorporate. Beat again on high for 7-10 mins until smooth. Chill until needed.

8 When the cakes have cooled, carefully remove the centres using a sharp knife or corer, reserving the cut-out pieces. Mix a pinch of salt into the caramel, then spoon (or pipe) this into the gaps and cover using the cut-out pieces.

9 Transfer the buttercream to a piping bag fitted with a large star nozzle and pipe the frosting over the cupcakes in swirls. Or, spread over the cupcakes using a palette knife. *Will keep in an airtight container for up to two days.*

PER SERVING 546 kcals • fat 31g • saturates 16g • carbs 59g • sugars 48g • fibre 2g • protein 7g • salt 0.5g



Grow your own delicious dinners

We've teamed up with the experts at BBC Gardeners' World to offer guidance on what veg to plant now and the best ways to cook with it. This month, try summer squash, courgettes, peas and more

guides EMMA CRAWFORTH and OLIVER PARSONS
recipes SAMUEL GOLDSMITH and HELENA BUSIAKIEWICZ

sow grow glow

THE BENEFITS OF GROWING YOUR OWN

In this new series, discover the satisfaction of nurturing produce from seed to plant, then turning your homegrown harvest into something delicious. As well as lowering your shopping bills, garden-fresh fruit and veg is more nutrient-rich than shop-bought and only picking what you need reduces waste. Plus, being outdoors or losing yourself in a kitchen project can improve your sense of well-being.





What to grow now

SALAD & RADISHES

Why you should grow them

Salad leaves and radishes grow quickly, particularly in late spring and summer, so they are among the most satisfying things to sow and great for growing with children. As well as lettuce, other leafy veg suitable for salad include corn salad, land cress, mustard, rocket, chicory, mizuna and purslanes. These are unfussy about situation, so good for beds and containers, indoors or outside. Lettuces grow as heads or loose leaves. Heads can be harvested whole, but you can peel away a few outer leaves before that. Heads need wide spacing to mature.

When to sow

Sow any time this month or next, but ideally in several small batches to have crops maturing at different times. Buy salad leaf seed mixes, where several different types are in the same packet, or you can make up your own mix, combining different favourites and scattering them together. If you have several part-used packets, store them in a tin somewhere cool and dry.

When to harvest

Radishes are ready four weeks after sowing in summer and you should harvest as soon as they're big enough to eat, as they quickly become woody and unpalatable. For salad leaves, pick as baby or mature leaves, but before the plants start to bolt (go to flower). The older they get, the more flavour they develop, so bitterness in lettuces and heat in mustards may ruin the flavour. If growing cut-and-come-again salad crops, snip off leaves and let the plant regrow for more cropping from the same stump.

Varieties you won't find in the supermarket

Rat's tail radishes are left to flower so their seedpods can be harvested. Crunchy and spicy, add to a salad or stir-fry. Summer purslane is a drought-tolerant succulent with leaves for salads or steaming that taste slightly sour and salty. For red salad leaves, grow Giant Red mustard or Batavia Red lettuce.

Other benefits

Radishes and brassica salad leaves like mustard contain a compound that the body converts to sulforaphane, which protects against cancer. Lettuces contain extracts that promote sleep, as well as vitamins A, C, K and iron.

What to cook

Radish, burrata & nasturtium flower salad with crispy quinoa

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** V

225g pouch microwavable quinoa
5 tbsp extra virgin olive oil
1½ lemon, zested and juiced
3 tsp honey
120g mixed leaves (like watercress)
125g radishes, some halved, some quartered
20g nasturtium leaves with flowers
1 large ball of burrata

1 Microwave the quinoa following pack instructions. Heat the oven to 200C/180C fan/gas 6. Spread the quinoa out on a non-stick baking tray, drizzle with 2 tbsp oil, season, mix well and smooth into an even layer. Bake for 15 mins, stirring half way through, until crisp. Cool slightly while you assemble the rest of the salad.
2 Whisk the lemon zest and juice, the honey and remaining oil together. Season. Put the mixed leaves, radishes and most of the nasturtium leaves in a large bowl. Drizzle over all but 1 tsp of the dressing, and toss together. Layer the salad and quinoa on a platter, break the burrata over the top and drizzle over the reserved dressing. Season. Garnish with the rest of the nasturtium leaves and a few flowers.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 384 kcals • fat 28g • saturates 10g • carbs 24g • sugars 7g • fibre 3g • protein 8g • salt 0.3g



Charles Dowding's TIPS FOR SUCCESS

- Instead of cut-and-come-again, space lettuce at 20cm and keep picking the outer and larger leaves for a harvest period of several weeks from each plant
- Give radishes plenty of water to reduce their pungency. You can multi-sow in small module cells with five seeds per cell for planting after two weeks; this reduces flea beetle damage to small leaves
- The best time to sow salad rocket, mustards and pak choi is early August, to avoid the worst of flea beetles and give harvests all through autumn, when these plants are less inclined to flower

Charles Dowding has been a no-dig, organic market gardener for 40 years. He has written 15 books and promotes easier ways to look after soil and grow plants for health and well-being. @charles_dowding



What to grow now

SUMMER SQUASHES & COURGETTES

Why you should grow them

Courgettes and summer squashes are easy to slice or scoop out for stuffing. Courgettes are easy to grow and so prolific they can lead to gluts. Grow on only a few plants and give spares to friends once you have enough seedlings for your own use. Each plant may produce up to 20 courgettes. Trailing varieties of squash can be trained up trellises as a space-saver or garden feature. No shelling or peeling is required with these crops, and you can eat baby courgettes raw, sliced or grated.

When to sow

Sow this month or next, either indoors in pots, or outdoors if your soil is warm. If sowing indoors, plant the seedlings out once the risk of frost has passed. Seeds will not germinate below 13C. The plants grow quickly and keep producing fruits until exhaustion or cold weather slows them down. They are annuals, so won't survive winter.

When to harvest

Courgettes and summer squashes are ready about eight weeks after sowing and are harvested young once the flowers have fallen off, when they have soft skin and undeveloped seeds. Cutting off the fruits helps the plant develop more. Eat straightaway as they don't store for long, although freezing is possible after blanching slices.

Varieties you won't find in the supermarket

'Jemmer' courgettes produce long yellow fruits and 'Eight Ball', round green ones, useful for stuffing. Patty pan squashes, like 'Sunburst', have attractive scalloped rings and come in dark, light green and yellow. Spaghetti squashes have flesh that, scooped out, looks like spaghetti.

Alternative uses

Eat the flowers stuffed or fried. Male flowers are good for this, as they will not form fruits: they lack the small swelling you can see behind female flowers. The fruits contain vitamins A and C, magnesium and niacin.

What to cook

Summer squash risotto

SERVES 4-6 **PREP** 30 mins
COOK 45 mins **EASY** V

- 500g summer squash, such as crookneck or patty (or use courgettes)
- 3 tbsp olive oil
- 50g butter
- 1 onion, finely chopped
- 2 garlic cloves, finely grated
- 5 thyme sprigs, leaves picked, plus a few sprigs to garnish
- 225g arborio rice
- 125ml white wine
- 800ml hot chicken or vegetable stock
- 25g parmesan (or vegetarian alternative), finely grated, plus extra to serve

1 Heat the oven to 200C/180C fan/gas 6. Cut the squash into chunks and scatter into a roasting tin. Drizzle with 2 tbsp oil and season before tossing to combine. Roast for 25-30 mins, or until cooked through and starting to turn golden. Set aside.
2 Heat the remaining olive oil and half the butter in a large frying pan over a medium-low heat and, once the butter has melted, fry the onion for 6-8 mins, or until the onion has softened but isn't golden, then add the garlic and thyme and cook for 2 mins.
3 Stir in the rice, cook for 3 mins to soften a little, then pour in the wine and cook for 4-5 mins, or until the wine has nearly been absorbed. Add a third of the stock and simmer, while stirring, until the stock has nearly all absorbed. Pour in another third of the stock and repeat. With the final third of the stock, add all but a handful of the roasted squash and cook until the rice is tender and the stock has nearly all been absorbed. If the stock has absorbed before the rice is cooked, add a little water.
4 Remove from the heat, add the remaining butter and parmesan, and stir until melted. Spoon into bowls and garnish with roasted squash, thyme and more parmesan.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING (6) 324 kcals • fat 14g • saturates 6g • carbs 35g • sugars 4g • fibre 3g • protein 8g • salt 1g



Ingrid Chiu's TIPS FOR SUCCESS

- Summer squashes and courgettes need a lot of water and regular feeding, but make sure you water at the base of the plant to avoid getting the leaves wet. This helps to prevent some common diseases found on these plants
- As soon as you see signs of powdery mildew or mould, remove these leaves as soon as you can to prevent it from spreading
- Plant flowers or flowering herbs close to your plants. This will help attract bees towards your squash and courgette plants to ensure they get full pollination, resulting in the best crop. Some recommendations are borage, cornflower and calendula

Ingrid specialises in small-space gardening, using techniques such as vertical growing to maximise crops. She's recently transformed her new patio into a vegetable haven. @ingrid_grows_and_eats



Photographer TOBY SCOTT | Shoot director FREDDIE STEWART | Food stylist MATTHEW FORD | Stylist HANNAH WILKINSON



gf tip

This recipe also works with winter squash: roast in a similar way along with the seeds from inside the squash to use as a garnish

What to grow now

LATE-SUMMER PEAS & BEANS (Mangetout, runner & French beans)



Why you should grow them

Beans (particularly French) are ornamental crops, with the tall climbing varieties prettily covering archways or trellises. There are tall and short peas and beans suitable for any growing space, and they're useful in crop-rotation schemes. Pea and bean crops are great for storing, as they freeze well while French bean seeds (the beans rather than the pods) can be dried and used, rehydrated, over winter. They retain many of their wide range of health benefits after storage, too.

When to sow

Sow this month or next, either straight into the soil or small pots in a well-lit spot under cover. French and runner beans need 12C to germinate, while peas only need 5C. A cool, damp summer suits peas, while French and runner beans thrive in warmth, although they also need plenty of water.

When to harvest

Picking all of these crops young is key to flavour. Eat the whole pod unless you're growing French beans to shell as flageolets or store as haricot beans. Be vigilant with harvesting, both to get the pods at their tender best, and to keep the plants productive. These are annual plants, so they die after flowering and fruiting (making pods), but frequent picking keeps them young. Peas can be eaten raw, while beans should be cooked.

Varieties you won't find in the greengrocers

'Shiraz' peas have attractive bi-coloured flowers followed by beautiful purple mangetout pods. Serve them raw to show off the colour as it changes to green during cooking. 'Liberty' runner bean produces beans up to 50cm long, and French bean seeds come in a wide range of pod colours: green with red flecks, yellow, purple, burgundy and green.

Other benefits

Peas and beans are rich in fibre and protein, and have a low glycaemic index. Peas contain high levels of vitamins B and C, plus magnesium. Green beans are rich in vitamins E and K.

What to cook

Green beans with lemon & parmesan

Having a quick and easy side up your sleeve is always useful, especially when it's using up homegrown veg. Green beans are incredibly versatile and, when cooked quickly, have a lovely, vibrant colour.

SERVES 4 as a side **PREP** 10 mins
COOK 3 mins **EASY** V

600g green beans, trimmed
1½ tsp Dijon mustard
2 tsp white wine vinegar
3 tbsp olive oil
½ lemon, zested and juiced
1 small garlic clove, finely grated
10g parmesan (or vegetarian alternative), finely grated

1 Steam the beans over a pan of boiling water for 5 mins or cook for 3 mins in a large pan of boiling salted water over a medium heat. Once cooked, plunge into ice-cold water, leave for 2 mins, then drain and leave to dry.
2 Meanwhile, combine the mustard, vinegar, olive oil, lemon zest and juice, and the garlic. Toss the beans and the dressing together in a large bowl. Serve on a platter with the parmesan sprinkled over.

GOOD TO KNOW healthy • 1 of 5-a-day • gluten free
PER SERVING 139 kcals • fat 10g • saturates 2g • carbs 6g • sugars 4g • fibre 6g • protein 4g • salt 0.3g



Rekha Mistry's TIPS FOR SUCCESS

- Sowing 'dry' peas can attract rodents to feast on the seed, even when sown in greenhouses. Soaking overnight makes them swollen and unattractive for pests to feed on. Swollen seeds indicate viability for successful germination
- Grow nasturtium flowers as companion plants with French beans. The nasturtium scent attracts black bean aphids, distracting them from the tender shoots of French bean plants. Plus, the young nasturtium seed pods make a delicious alternative to capers
- Maturing dried French beans can be saved to use in winter stews. When saving beans, put all dried seeds in the freezer for 24 hrs prior to storing in sealed jars. These freezing conditions will kill any hibernating bean weevil larvae within the beans

Rekha Mistry is a TV presenter, gardening and food writer, social media influencer and author of Rekha's Kitchen Garden (£18.99, DK). @rekha.garden.kitchen





TOM KERRIDGE

PREP-AHEAD PRALINE

Tom's dessert can be made and kept chilled for two days – ideal if you're entertaining over a long weekend

photographs MIKE ENGLISH

Let's set the record straight on 'plated' desserts: these are the reason you go to a restaurant. But when I've got mates over, the last thing that even I want to do is spend time plating up dessert to make it look fancy – which is why I always turn to something simple and sliceable, like the recipe overleaf.

It's the poshest fridge cake going, with no eggs or baking required; just a set, rich chocolate truffle mixture studded with hazelnuts and caramel. Okay, so making your own praline isn't the easiest job, but both the praline and chocolate base – or ganache – are two fundamental building blocks of the sweet kitchen. They're the first two things you learn to make when you're a junior chef on the pastry section, and they come up again and again in many different guises. Learn to make them properly, and you'll never be stuck for an easy but impressive dessert.

This is the poshest fridge cake going, but there are no eggs and no baking required – just set, rich chocolate truffle with hazelnuts and caramel

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at *bbcgoodfood.com/podcast*. @ChefTomKerridge





Chocolate & salted hazelnut praline slice

This could also be made in a small, round cake tin and served as a chocolate truffle cake.

SERVES 8-10 **PREP** 20 mins plus overnight chilling **COOK** 10 mins **MORE EFFORT** V

100g unsalted butter, plus extra for the tin
300g dark chocolate
200ml double cream
cocoa powder, for dusting
crème fraiche, to serve

For the praline
sunflower oil, for the tin
200g caster sugar
100g whole blanched hazelnuts

1 First, make the praline. Lightly oil a baking tray and set aside. Tip the sugar into a heavy-based pan with 3 tbsp water and warm over a low heat until the sugar has dissolved. Turn up the heat slightly and bubble until the sugar becomes a dark caramel, about 5 mins. Remove from the heat, then stir in the nuts and a generous pinch of sea salt and immediately pour onto the prepared baking tray. Carefully spread to an even layer using a silicone spatula and leave to cool completely.

2 When the praline is cold and brittle, break it into rough pieces. Snap off about 10 of the caramel-coated hazelnuts and set aside. Tip the rest of the praline into a food processor and pulse to the texture of coarse breadcrumbs, then set aside.

3 Butter a 900g loaf tin and line with a strip of baking parchment. Melt the chocolate and butter in a heatproof bowl over a pan of simmering water, ensuring the base of the bowl doesn't touch the water. Or, do this in the microwave in 20-second bursts. Once melted, remove from the heat and stir until glossy. In a separate bowl, whip the cream to soft peaks, then fold this through the chocolate mixture. Stir in most of the crushed praline, reserving about 4 tbsp. Scrape the mixture into the tin, smooth the surface and chill overnight until firm and set. *Will keep chilled for up to two days.*

4 Gently ease the set chocolate out of the tin onto a serving dish or board, then dust with cocoa powder and top with the reserved whole hazelnuts. Slice using a warm knife, then serve with dollops of crème fraiche and a sprinkling of the remaining crushed praline.

GOOD TO KNOW gluten free
PER SERVING (10) 499 kcals • fat 37g • saturates 19g • carbs 34g • sugars 32g • fibre 3g • protein 4g • salt 0.4g

5 MORE IDEAS

- **Chocolate truffles** Scoop teaspoonfuls of the set mixture from the tin, then roll into balls and coat in the crushed praline.
- **Chocolate bites** Scrape the chocolate mixture into a baking tray lined with baking parchment, and, once set, cut into small squares. Dip in **melted chocolate** and chill until set again before serving with a coffee.
- **Chocolate praline** Add **1-2 tbsp non-alcoholic brandy, dark rum or whisky** to the chocolate mixture for a more grown-up dessert.
- **Make it easier** If you don't want to go to the effort of making your own praline, you can add other shop-bought bits to the chocolate mixture, such as crushed honeycomb or chopped fudge.
- **Choice of nuts** Praline is traditionally made with hazelnuts, but they can be swapped for different nuts, such as almonds, pistachios or a mixture if you want to switch the flavours up. Or use what you already have in your storecupboard.

EUROPE ESSENTIALS
FRENCH CREAM, THE ULTIMATE EXPERIENCE

THE *ultimate flavours*

Infused European cream

Everyone loves French cream – its versatility means it can be used in a variety of ways. Pair it with an apple crumble, or top a sundae with it… there's so much it can do!

And on that note, cream is really a wonderful blank slate. You can add a variety of ingredients to it and find that it enhances the flavor and complements a variety of dishes.

One of the ways to create an infusion is to add a small amount of the ingredient in question to the cream (remember you want to add notes of flavor, not overpower the cream) and let it steep for a few hours, or preferably overnight. After this, strain the cream to remove any solids before using it.

Chef Dimitri Esposito, an expert in his field, says, "Dairy cream contains a minimum 30% of fat. The fat will just preserve the flavors we add. So I'd definitely say that cream is a really great ingredient to infuse."

He also had a handy tip for anyone looking to infuse their own cream: "I would definitely recommend low temperature infusion more than high temperature. This is because the best flavors of a product are what I'd call 'fragile'. Over a certain temperature they can become unstable."

Another comment from **chef Mohamad Orfali** was that the fat content is what makes cream an amazing ingredient to infuse. He reveals that in his and his brothers' restaurant, Orfali Bros Bistro, the team infuses cream with a variety of ingredients, including coffee and herbs.

When it comes to what can be infused, a few sprigs of lavender can add an aromatic touch to cream, while crushed rose petals can be used to lend a floral and fragrant element. When looking for something a bit stronger, why not try matcha? The green tea flavor makes cream taste that much more unique and refreshing. Spices like turmeric can infuse a warm and earthy flavor, while black sesame's nutty notes can create extra depth and complexity in the cream.

All of these infusions can be paired with a dessert to make it that much more impressive. Holidays and seasonal events are a great time to try this out and showcase this to friends and family. Just remember that you need to pair the right infused cream with the right dessert!

"Dairy cream contains a minimum 30% of fat. The fat preserves any flavor infused with it."



Images: **Shutterstock**

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ENJOY IT'S FROM EUROPE

GUEST CHEF

ISLAND FLAVOURS

Andi Oliver mixes the traditional and modern with these Caribbean-inspired recipes

photographs ROBERT BILLINGTON



Andi Oliver is an award-winning chef and broadcaster. She is a regular face on our TV screens as the host of BBC Two's *Great British Menu* and as a contributing chef and host on BBC One's *Saturday Kitchen*.
@andioliver



Coconut & lime cheesecake

Coconut & lime cheesecake

The first sweet things I ever made were cheesecakes – they provide endless opportunities to explore flavour and are easy-peasy! This particular iteration brings together the creaminess of white chocolate with toasty coconut and vibrant lime to sublime effect. Not too sweet, just right.

SERVES 12 **PREP** 30 mins plus at least 2 hrs chilling **COOK** 10 mins **EASY** V

For the base
100g gingernuts
100g oat biscuits
50g desiccated coconut, toasted
120g melted unsalted butter
For the filling
280g full-fat soft cheese
4 tbsp coconut condensed milk
200ml coconut milk
150ml double cream
2 limes, zested and juiced
100g white chocolate, melted
For the topping
1 coconut
1 tbsp maple syrup
1 lime, zested
1 mango, peeled, cored and diced

1 Line the base of a 22-24cm fluted tart tin with baking parchment. Put all the biscuits in a sealable food bag and bash to fine crumbs using a rolling pin. Tip the crumbs into a medium bowl and mix in the toasted coconut, melted butter and a pinch of salt. Press into the bottom and up the side of the tart tin with the back of a spoon or spatula, and chill in the fridge for 1 hr, or until set.
2 Combine all the filling ingredients, except the chocolate, in a large bowl. Beat together using an electric whisk until smooth and slightly thickened. Mix through the melted white chocolate. Spoon and smooth the filling over the set base and chill for 1-2 hrs, or until set (you'll have quite a soft-set finish).
3 Meanwhile, heat the oven to 200C/180C fan/gas 6). Crack open the fresh coconut and peel off flakes of the flesh using a vegetable peeler – you need about two handfuls in total. Toss the flakes in the maple syrup and half of the lime zest on a baking tray, then toast in the oven for around 10 mins, or until crisp. Leave to cool, then scatter these over the top of the cheesecake.
4 Mix the diced mango and remaining lime zest together in a bowl. Serve slices of cheesecake with a spoonful of the mango mixture alongside, or piled over the cheesecake as well.

PER SERVING 462 kcals • fat 39g • saturates 27g • carbs 21g • sugars 15g • fibre 3g • protein 5g • salt 0.4g

Hard-grilled fast midweek curry fish

This works with any kind of fish, but my favourites are most definitely at the oilier end of things. Something with a bit of body works best – mackerel, sea bass or bream, even a piece of wild salmon. It's quick-quick, fast-fast and loads of bang for your buck.

SERVES 2 **PREP** 10 mins plus marinating **COOK** 20 mins **EASY**

800g whole fish, such as 2 medium sea bass or bream, scaled and gutted (you can ask your fishmonger to do this for you)
150ml green seasoning (see below)
2 green bird's-eye chillies, finely chopped
10g ginger, peeled and finely grated
2 limes, zested
3 tsp Caribbean curry powder
2 tsp garam masala
cooking oil of your choice, for grilling
100ml fish or chicken stock
1 heaped tsp unsalted butter
crisp green salad and rotis, to serve
For the green seasoning
2 thyme sprigs
10g bay leaves
small bunch of flat-leaf parsley
small bunch of coriander
4 spring onions
10 garlic cloves, peeled
1 green chilli or 1 scotch bonnet chilli, depending on how much heat you like
6 Caribbean seasoning peppers (pimento), or a mix of red, yellow, and/or green mini sweet peppers
½ onion
400ml cold pressed rapeseed oil, or any neutral oil

1 To make the green seasoning, put all the ingredients in a food processor and season with salt and black pepper. Whizz to the consistency of a salsa verde, and decant into an airtight jar. *Will keep chilled for up to three weeks.*
2 Wash the fish in cold water, then pat dry with a piece of kitchen paper. Transfer to a chopping board and score the skin with a sharp knife to ensure that your seasoning will penetrate the fish effectively. Put the fish in a large, wide bowl.
3 Pour most of the green seasoning over the fish (saving about 1 tsp for the sauce) and give it a good mix so the fish is fully coated. Add the chillies, ginger and lime zest, then rub the curry powder and garam masala all over using your hands, making sure the mixture goes inside the cavity of the fish as well. Season with salt and pepper, then cover the bowl and leave to marinate in the fridge for 30 mins.
4 Heat the grill to its highest setting. Line a grill tray with foil and brush with oil. Lay the marinated fish on top and grill on high for 8 mins, or until the skin is popping and is deep golden in colour, even blackened and charred in places. Flip over the fish and repeat on the other side.
5 Pour the juices from the fish into a saucepan along with the stock and stir in the reserved green seasoning. Bubble over a medium-high heat, then whisk in the butter until melted and combined. Pour the sauce over the fish and serve with green salad and a roti each.

GOOD TO KNOW vit c • iron • gluten free
PER SERVING 689 kcals • fat 53g • saturates 7g • carbs 6g • sugars 1g • fibre 4g • protein 45g • salt 0.5g



Tea-brined spiced barbecue chicken

There's a lot of brining chat these days, isn't there? To brine or not to brine: that is the question. I would say I'm firmly on the side of brine – you start to pack in the flavour early on and it really does bring a succulence to the meat. This recipe uses an earl grey tea brine, which holds the citrus flavour of bergamot at its heart. Combine that with lemon zest in the barbecue spice rub for that extra bit of something special.

SERVES 6 **PREP** 20 mins plus at least 5 hrs marinating and resting **COOK** 30-40 mins **EASY**

1 lemon, halved
6 skin-on, bone-in chicken thighs
6 skin-on chicken drumsticks

For the tea brine

3 earl grey teabags
2 clementines, peeled (peel reserved)
2 thyme sprigs, leaves picked
2½ tsp sugar

For the seasoning paste

6 spring onions, roughly chopped
4 garlic cloves, roughly chopped
1½ tbsp rapeseed oil
2 tsp ground cumin
2 tsp paprika
1 tsp cayenne pepper

For the final glaze

1 tbsp tamarind paste
1 tbsp molasses
1 tsp sugar
100ml chicken stock

To serve (optional)

spiced roast ground provision (see recipe below)
simple salad with fresh herbs



1 First, make the tea brine. Put the teabags, clementine peel, thyme, sugar and 1¾ tbsp table salt in a saucepan that's large enough to hold the chicken. Pour over 1 litre boiling water and stir to dissolve the sugar and salt. Set aside to cool. Take the two lemon halves and rub them all over the chicken.

2 Submerge the chicken in the brine, making sure it's well covered. Chill for 4 hrs, or ideally overnight. In the morning (or after 4 hrs), blitz all the seasoning paste ingredients in a food processor to make a thick paste. You could also use a pestle and mortar if you don't have a food processor.

3 Remove the chicken from the brine, pat dry and tip into a large bowl. Add the seasoning paste and rub all over the chicken to fully coat. Chill for at least 1 hr, or ideally 3 hrs or a bit longer if you have time.

4 Heat the barbecue or grill on a high heat. When it's hot, sear the chicken all over to give it a bit of colour, then reduce the heat if using a gas barbecue, or move the chicken over indirect heat if you're using charcoal. Cook the chicken low and slow for about 40 mins with the lid closed, turning occasionally and brushing with the spice paste. Meanwhile, combine all the glaze ingredients in a pan over a medium heat and bubble until thickened.

5 Brush the glaze over the chicken during the final 10 mins of cooking, turning the chicken often and making sure it's completely glazed. When the juices of the chicken run clear, the chicken is cooked. Brush one last time with the glaze, remove from the heat and leave to rest for about 20 mins.

6 Serve with spiced roast ground provision (see recipe below) and salad, if you like.

PER SERVING 340 kcals • fat 20g • saturates 5g • carbs 5g • sugars 4g • fibre 1g • protein 34g • salt 1.1g



Spiced roast ground provision

Ground provisions are exactly what they say... 'that which the ground provides'. Sometimes they're also called 'hard food' on the Caribbean table. It strikes me that in the Caribbean, I would use yam, sweet potato, cassava, pumpkin, or whatever was in season, and so the same should apply when here or anywhere else. The vegetables I've used in this recipe were readily available to me, but if you can't get any of these, then use whatever you can get your hands on and whatever is in season – carrot, parsnip, squash, potato... you get the picture – and treat them as I have in this dish.

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** **V**

For the spiced ground provision

- 975g mixed seasonal root vegetables (I used carrot, swede, sweet potato and parsnip), diced into roughly 5cm pieces
- ½ tsp ground black pepper
- 1 tsp ground allspice
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 225g baby spinach leaves

For the onion & garlic purée

- ¼ onion, finely chopped
- 4 garlic cloves
- 1⅓ tbsp rapeseed oil

1 Heat the oven to 220C /200C fan/ gas 7. Make the onion & garlic purée by blitzing together the onion, garlic and oil in a food processor. (You could use a pestle and mortar, if you don't have a food processor.)

2 Tip the vegetables into a large bowl with a big pinch of sea salt, the spices, as well as the onion and garlic purée and mix well.

3 Spread out the veg on a baking tray and roast for 40-45 mins, tossing halfway through, until tender and golden.

4 Remove the veg from the oven and tip into a large pan set over a low heat. Add the spinach and stir gently for 1-2 mins until slightly wilted. Serve with the tea-brined spiced barbecue chicken (see recipe above), if you like.

GOOD TO KNOW vegan • low fat • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 207 kcals • fat 6g • saturates 1g • carbs 29g • sugars 14g • fibre 10g • protein 5g • salt 0.2g

SAVE SUNDAY LUNCH

MEXICAN LUNCH FOR SHARING

Impress everyone at your next gathering with a vibrant array of dishes from Mexican chef and food writer **Karla Zazueta**

photographs TARA FISHER



Chef, Mexican food writer and founder of Mexican Food Memories, Karla Zazueta writes about food on her blog and runs Mexican cookery classes and supper clubs from her studio in north London.



Growing up in the north of Mexico was fun. I was lucky to have parents who were great cooks, especially my dad, so that meant we used to eat great food all the time. My dad used to be the one who would cook during the weekdays, but on weekends, everyone would get involved.

Our favourite way to spend a Sunday was to make carne asada, particularly during sunny days – which they were, almost every day.

My dad would turn on the grill and everyone would get excited. He was always in charge of grilling the steaks and my mum and the rest of us would prepare everything that would go on a carne asada taco. Our food was simple, but packed with great flavours, and most importantly, we were all together having a good time.

Carne asada tacos

Arrachera, or bavette steak, would be our favourite cut to cook on the grill, as it's inexpensive and packed with flavour. I have lots of beautiful memories of Sundays on our back patio eating delicious asada tacos, listening to music and chatting.

SERVES 4 **PREP** 40 mins plus at least 1 hr marinating **COOK** 15 mins **EASY**

800g bavette steak
1 small orange, cut into slices
½ onion, sliced
3 garlic cloves, bashed
400g can pinto beans, drained
3 ripe Hass avocados, halved, stoned and peeled
15 corn or small flour tortillas
1 small onion, finely chopped
small bunch of coriander, chopped
salsa (see recipe, right) and 2 limes, cut into wedges, to serve

1 Put the steak on a dish and the orange slices on top, squeezing over some of the juice, then scatter over the onion and garlic cloves. Cover and set aside for at least 1 hr, or chill overnight.
2 Warm the pinto beans in a saucepan over a medium heat for a few minutes until hot. Season with salt. Set aside.
3 Mash the avocado in a bowl using a fork. Add 1-2 tbsp water to loosen, and season to taste. Heat the corn tortillas following pack instructions and wrap well to keep warm.
4 Bring the steak to room temperature if it's been chilled. Grill on a barbecue over direct heat for 3 mins on one side, then turn over and grill on the other side for 3 mins. Alternatively, cook in a searing hot griddle pan for 4-6 mins on each side until medium to medium-rare. Leave to rest for 15 mins. Thinly slice, then arrange on a serving platter.
5 To assemble the tacos, put some pinto beans, grilled bavette steak, mashed avocado, chopped onion and coriander in the warm tortillas. Serve with the spicy salsa (see recipe, right) and lime wedges to squeeze over.

GOOD TO KNOW fibre • vit c • iron • omega-3 • 3 of 5-a-day
PER SERVING 965 kcals • fat 46g • saturates 14g • carbs 74g • sugars 7g • fibre 14g • protein 57g • salt 2.4g

gf tip
MAKE IT VEGGIE
Sliced portobello mushrooms would make a great vegetarian alternative to steak in tacos.

Guacamole

A Mexican dinner party wouldn't be the same without a crowd-pleasing guacamole recipe. This is the way we make it in my family for snacking. My dad would always say that, as long it's made with perfectly ripe, creamy avocados, we would always have a great guacamole. Simple and no cooking involved, you can make this in minutes. Prepare it just before serving so the guacamole is super-fresh. You can serve the guacamole with an avocado stone in the centre to add an extra Mexican touch.

SERVES 4 as a side **PREP** 10 mins **NO COOK** **EASY** **V**

3 ripe Hass avocados
1 plum tomato, finely chopped
½ small onion, finely chopped
20g coriander, chopped
1 tbsp extra virgin olive oil
½ lime-1 lime, juiced, or to taste
tortilla chips, to serve (gluten-free, if needed)

1 Halve the avocados, then remove their stones, setting one aside. Scoop the flesh into a bowl.
2 Mash the avocados using a potato masher, leaving some chunks to add texture. Stir through the chopped tomato, onion and coriander, and season to taste with plenty of salt and black pepper. Stir in the oil and lime juice, to taste. Mix well and serve immediately with tortilla chips for scooping it up.

GOOD TO KNOW vegan • vit c • 2 of 5-a-day • gluten free
PER SERVING 250 kcals • fat 24g • saturates 5g • carbs 3g • sugars 2g • fibre 5g • protein 2g • salt 0.02g

Charred spicy salsa

Here's a wonderful, delicious and easy salsa recipe that goes with everything. The vegetables can be charred over the barbecue or in a hot pan. Perfect for the asada tacos, or alongside some tortilla chips.

SERVES 4 as a side **PREP** 15 mins plus resting **COOK** 15 mins **EASY** **V**

3 plum tomatoes
½ medium onion, left whole
2 fresh jalapeños
2 garlic cloves
½ lime juice
10g coriander, chopped (optional)

1 Put the tomatoes, onion, jalapeños and garlic cloves on a hot barbecue, griddle pan or in a hot dry frying pan. Cook for 6-8 mins until charred all over. Do not remove the black skin from the tomatoes or jalapeños – it adds flavour.
2 Remove the skin from the garlic cloves. Crush with 1 tsp salt using a molcajete or pestle and mortar, then remove to a bowl. Peel and roughly chop the onion and mash using the pestle and mortar. Do the same with the charred jalapeños and tomatoes.
3 Mash everything together in a bowl before adding 4-5 tbsp water to loosen, the lime juice and coriander. Mix well and leave to rest for 10 mins before serving. *Will keep chilled for up to two days.*

GOOD TO KNOW vegan • low fat • 1 of 5-a-day • gluten free
PER SERVING 20 kcals • fat 0.1g • saturates none • carbs 3g • sugars 3g • fibre 1g • protein 1g • salt 1.3g

Shoot director EMMA WINCHESTER | Food stylist KATIE MARSHALL | STYLIST JENNY IGGLEDEN



Our GF Nation Survey showed that the energy crisis is putting the traditional Sunday roast at risk, because many of us prefer not to switch on the oven. But, getting together to share a meal doesn't have to cost the earth. BBC Good Food's Save Sunday Lunch campaign is our way of keeping this tradition alive, with budget-friendly, energy-efficient recipes and ideas from Good Food's diverse community of food lovers for everyone to enjoy together at the weekend.



Tres leches ice cream with lime-macerated strawberries

This is a delicious and easy recipe, ideal for a warm day. You can serve it with some crumbled digestive biscuits to add a bit of a crunch.

SERVES 4 **PREP** 20 mins plus at least 6 hrs chilling **NO COOK** **EASY** **V** ❄ ice cream only

150ml double cream
1 tsp vanilla extract
350ml evaporated milk
350ml condensed milk

For the lime-macerated strawberries
230g strawberries, hulled and sliced
1 lime, zested and juiced
3 tbsp icing sugar

1 Pour the double cream into a large bowl and add the vanilla extract. Whip to soft peaks using an electric whisk, about 2-3 mins. Set aside. Pour the evaporated milk into a different bowl and whisk until slightly thickened. Pour the condensed milk over the evaporated milk and fold it in. Gently fold in the double cream mixture, then pour into a 3-litre lidded container or loaf tin. Put in the freezer for at least 6 hrs or overnight. *Will keep frozen for up to two months.*
2 When the ice cream is set, make the lime-macerated strawberries. Put the strawberries in a large bowl with the lime zest, juice and icing sugar, and mix together well. Leave for a few minutes before serving with the ice cream.

GOOD TO KNOW calcium • folate • vit c • gluten free
PER SERVING 675 kcals • fat 36g • saturates 22g • carbs 72g • sugars 72g • fibre 2g • protein 14g • salt 0.6g

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BBC goodfood Middle East

'THE WORLD'S BEST'

Sandwiched with meringue and cream, this light and airy Norwegian party cake is a guaranteed crowd-pleaser

recipe SAMUEL GOLDSMITH ***photograph*** MAJA SNED

Verdens beste

Translating as 'the world's best', this Norwegian bake, also known as kvæfjordkake, is traditionally served on Norwegian Constitution Day.

SERVES 8-10 **PREP** 40 mins plus 1 hr 15 mins cooling **COOK** 35 mins **MORE EFFORT** V

125g butter, softened, plus extra for the tin
5 medium eggs, yolks and whites separated
350g caster sugar
1½ tsp vanilla extract
4-5 tbsp milk
125g plain flour
1½ tsp baking powder
100g flaked almonds
250g strawberries, to serve (optional)

For the filling

2 egg yolks (freeze the whites for another recipe)
2 tbsp caster sugar
1 tbsp cornflour
100ml whole milk
350ml double cream
1 tbsp rum or vanilla extract

1 Butter a large, deep rectangular cake tin (ours was 26 x 37cm) and line with baking parchment. Whisk the egg whites to stiff peaks in a stand mixer or bowl using an electric whisk. With the motor running, add 225g of the caster sugar, a tablespoon at a time, until the sugar has dissolved, about 10-15 mins. Spoon into a separate bowl and wipe the bowl of the stand mixer clean, or set aside.

2 Heat the oven to 180C/160C fan/gas 4. Beat the butter, remaining 125g sugar and the vanilla in the stand mixer or a bowl using an electric whisk until light, fluffy and doubled in volume. Beat in the egg yolks, one at a time, mixing well between each addition. Add 4 tbsp milk, then sift in the flour and baking powder, and mix to combine. The batter should be thick enough to drop off a spoon, but if it's stiff, add another 1 tbsp milk. Spoon the batter into the tin and spread to an even layer. Spread the whipped egg white mix over the batter, then scatter over the flaked almonds.

3 Bake for 25-30 mins, or until golden and a skewer inserted into the centre comes out clean. Leave to cool in the tin for 15 mins, then remove to a wire rack to cool completely, about 1 hr.

4 Meanwhile, make the filling. Whisk the egg yolks, 1 tbsp sugar and the cornflour together in a large heatproof bowl, then set aside. Heat the milk, 100ml of the double cream and rum or vanilla together in a saucepan over a low heat until just starting to simmer. Whisk this into the egg yolks in a slow, steady stream, then pour everything back into the saucepan. Stir continuously over a low heat until thickened to a custard and simmering, about 1 min. Pour into a heatproof bowl and set aside to cool. Whip the remaining 250ml double cream with the remaining 1 tbsp sugar for a few minutes until soft peaks form. When the custard has cooled, gently fold in the cream to combine.

5 Cut the cake in half through the equator using a long, serrated knife. Put one layer, meringue-side down, on a plate or cake board. Spread with the custard cream, then sandwich with the remaining cake layer, meringue-side up. Serve with sliced strawberries, if you like. *Will keep chilled for up to two days.*

PER SERVING 725 kcals • fat 52g • saturates 28g • carbs 53g • sugars 41g • fibre 0.5g • protein 9g • salt 0.6g

Shoot director and stylist CLOE-ROSE MANN | Food stylist ESTHER CLARK











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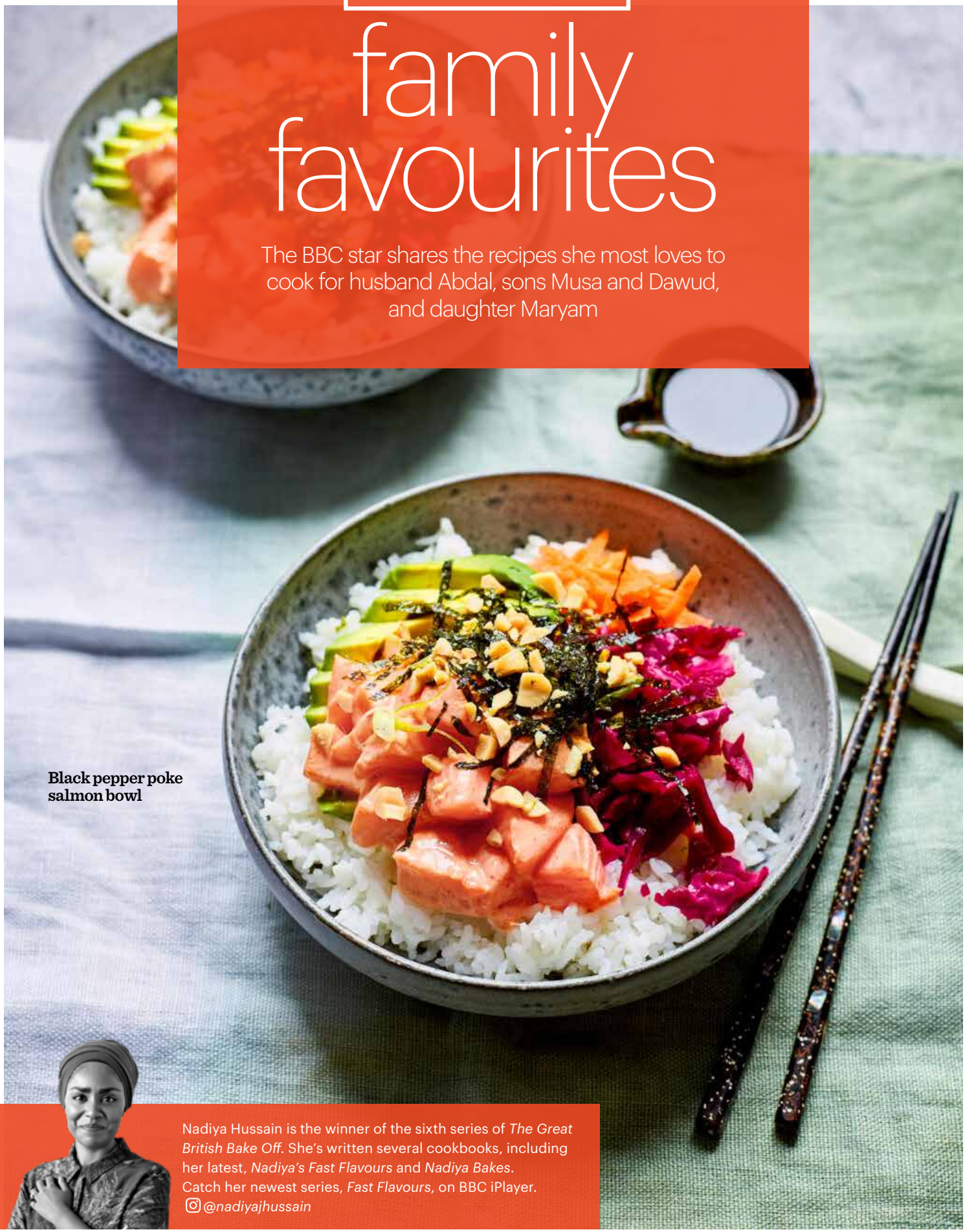





nadiya hussain

family favourites

The BBC star shares the recipes she most loves to cook for husband Abdal, sons Musa and Dawud, and daughter Maryam



Black pepper poke salmon bowl

Nadiya Hussain is the winner of the sixth series of *The Great British Bake Off*. She's written several cookbooks, including her latest, *Nadiya's Fast Flavours* and *Nadiya Bakes*. Catch her newest series, *Fast Flavours*, on BBC iPlayer.
@nadiyajhussain

Black pepper poke salmon bowl

I've seen poke bowls popping up all over the place, especially when I'm in and around London. I've seen a few at festivals, too – it's like they're trying to say, 'Make way, sushi.' They have all the deliciousness of sushi in a bowl, which means there's more of it. With a sticky rice base, they can be topped with fresh ingredients or leftovers from the fridge – make it colourful, make it delicious, make it yours.

SERVES 4 **PREP** 25 mins
COOK 20 mins **EASY**

For the rice
500g sushi rice
2 tbsp apple cider vinegar
2 tsp caster sugar
For the sauce
25g mayonnaise
3 tsp soy sauce
1 tsp sesame oil
½ tsp fish sauce
1 tbsp sriracha
1 lemon, juiced
1 tsp black pepper
For the toppings
2 sushi-grade skinless salmon fillets (about 200g), cut into cubes
2 small or 1 large avocado, peeled, stoned and sliced (squeeze over lemon juice to prevent browning)
4 tbsp pickled red cabbage
1 large carrot, grated
large handful of salted peanuts, roughly chopped
2 spring onions, sliced
sesame seeds, for sprinkling
nori sheets, snipped into strips

1 First, make the rice. Tip into a saucepan and wash until the water runs clear. Drain, then add enough fresh water to come 1cm above the rice. Set over a high heat, stirring all the time (this ensures the rice doesn't settle on the base), and bring to the boil. Once it has boiled, simmer over a medium heat until all the water has evaporated. Cover and cook on the lowest setting to steam, about 10 mins.
2 Meanwhile, make the sauce by mixing together the mayonnaise, soy, sesame oil, fish sauce, sriracha, lemon juice and black pepper. Put the salmon in a bowl, then pour over the sauce and mix well.
3 Once the rice has steamed, mix the vinegar, 1 tsp salt and the sugar together in a small bowl, then pour this over the rice and stir through. Divide the rice between four bowls and top with the salmon, then the avocado, red cabbage, carrot and peanuts. Sprinkle with the spring onions, sesame and nori, season with black pepper and serve.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 686 kcals • fat 27g • saturates 5g • carbs 86g • sugars 8g • fibre 8g • protein 20g • salt 2.5g

Not prawn toast

Prawn toast is the first thing we always order when we get a takeaway. It's a little bit greasy (okay, a lot greasy!), but I love it, with the soft prawns and fried sesame seeds. I quite like making it at home too, but good prawns are not the cheapest, so I've created a more affordable alternative using chicken breast. This means I can pile on the chicken and get a really good, thick layer without having to make just a little go a long way.

MAKES 28 toasts **PREP** 20 mins
COOK 7 mins **EASY**

450g chicken mince
1 medium egg
large handful of coriander
1 tsp chilli flakes
1 tsp ground coriander
1 garlic clove
7 slices of white bread, crusts on
75g white sesame seeds
25g black sesame seeds
300ml vegetable oil

1 Tip the chicken mince, egg, coriander, chilli flakes, ground coriander and 1 tsp salt into a food processor. Peel the garlic clove and add this too, then blitz to a smooth paste and transfer to a bowl. Turning this into a paste will make spreading it a lot easier.
2 Lay out the slices of bread and spread each one with an even layer of the chicken paste. Put both types of sesame seeds on a plate that's wide enough to fit the bread and mix together well. Press all the slices of bread, chicken-side down, onto the sesame seeds to coat.
3 Cut each slice of bread into four triangles. Heat the oil in a medium frying pan over a medium heat, ensuring it is no more than two-thirds full. You can test the temperature by dropping in a sesame seed – if it floats to the surface, the oil is ready for frying.
4 Fry the toasts, seeded-side down, for 5 mins. Turn over and fry for 2 mins on the other side. Remove to kitchen paper using a slotted spoon or fish slice and drain, then serve.

PER TOAST 85 kcals • fat 6g • saturates 1g • carbs 3g • sugars none • fibre 1g • protein 5g • salt 0.3g



Not prawn toast

Pizza paratha

We never really ate flatbreads or chapatis when I was growing up, so I didn't know how to make them until my husband expressed a keen interest when we got married – he told me his maximum was 14 in one sitting! That's incentive enough to make these delicious flatbreads. They look like parathas, but taste like pizza – they're even better with a garlic and herb dip on the side.

MAKES 12 **PREP** 30 mins
COOK 30 mins **MORE EFFORT** **V** ❄

For the parathas
600g plain flour, plus extra for dusting
2 tsp sugar
8 tbsp vegetable oil
150g butter, melted

For the pizza filling
80g tomato purée
1 tbsp dried oregano
40g grated parmesan or vegetarian alternative
1 garlic clove, grated

For the dip
100g soft cheese
50g yogurt
1 garlic clove, grated
small handful of chives, finely sliced
a squeeze of lemon juice



1 Put the flour, 2 tsp salt and the sugar in a large bowl and stir in the oil. Make a well in the centre and add 280-300ml boiling water from the kettle. Roughly bring the dough together using a palette knife.
2 Drop the dough onto a lightly floured work surface and knead until smooth. This should take a few minutes. Pop it back into the bowl, cover and leave to rest.
3 Meanwhile, make the filling. Put the tomato purée, oregano, cheese and garlic in a bowl and mix. To make the dip, put the soft cheese, yogurt, garlic, chives, a squeeze of lemon juice and a pinch of black pepper in another bowl, mix and chill until ready to serve.
4 Roll the dough out into a long sausage shape and cut into 12 equal portions. Roll each portion into a ball and set aside. Working with one ball at a time, roll out into a circle, as thin as you can make it – you should be able to see the work surface through the dough in places.
5 Spread 1 tsp of the filling lightly all over the dough circle. Roll the dough like a Swiss roll, making sure to pinch and stretch it at the ends as you go. Set aside and repeat with the remaining dough balls and filling.
6 Roll each dough sausage inwards to create what looks like a cinnamon swirl, tucking the end into the base. Lightly flour the work surface and roll each paratha out to about a 3mm thin round. *Will keep frozen. Layer between sheets of parchment to prevent sticking.*
7 Put a non-stick pan over a medium heat and cook the parathas, one at a time, for 3 mins on each side. Brush both sides with the melted butter, then remove to a plate. Cover to keep warm. Serve straightaway with the garlic and herb dip as a light lunch.

PER SERVING 391 kcals • fat 22g • saturates 9g • carbs 41g • sugars 2g • fibre 3g • protein 7g • salt 1.2g

Cod & clementine

This is one of the earliest memories I have of being absolutely astonished by flavour. My mum would normally cook this dish with whole pieces of fish and sliced fish – none of this 'easy fish', as my dad likes to call it – it was always cooked with all the bones still in, to boost the flavour. We'd spend a long time picking it apart to eat it and placing the bones a safe distance away from our plates. Traditionally, we'd eat it with our hands (it's near enough impossible with cutlery). Although it was delicious, these days there isn't always time to sit at our plates for an hour, and since having my own kids I am the biggest fan of filleted fish. Granted, it imparts less flavour, but the clementine peel well and truly makes up for that.

SERVES 2 **PREP** 15 mins
COOK 40 mins **EASY**

5 tbsp olive oil
2 garlic cloves, crushed
½ onion, finely chopped
1 tbsp tomato purée
1 tsp fine sea salt
½ tsp ground turmeric
1 tsp paprika
1 tsp ground cumin
2 clementines, peeled, 1 juiced
300g cod fillets
large handful of coriander, finely chopped
cooked basmati rice, to serve

1 Heat the oil in a medium pan over a medium heat. Once hot, add the garlic and onion. Turn the heat down and cook gently until the onions are soft. Add the tomato purée, salt and 200ml water. Cook for a further 5 mins over a low heat.
2 Add the turmeric, paprika and cumin, and cook gently for another 5 mins. Keep adding small amounts of water if the mixture starts to catch on the bottom.
3 Slice the clementine peel (save the flesh for a snack or another recipe), then drop this in and cook for 10 mins more until the peel is soft and almost falling apart. Use a potato masher to mash the peel – this will intensify the flavour.
4 Add the fish, cover and cook for 10 mins over a low heat. Pour in the clementine juice. Once the fish is cooked, take the pan off the heat and sprinkle over the coriander. Serve with basmati rice.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 445 kcals • fat 29g • saturates 4g • carbs 14g • sugars 12g • fibre 3g • protein 30g • salt 2.8g



Apple, walnut & coriander salad with burnt garlic dressing

I love a simple salad to start a meal, so I can nosedive straight into dinner, then dessert. It's a lovely way of balancing a meal. I also think it's nice to have a salad that doesn't scream out 'diet' or 'healthy eating'. In this one, tart apple complements the crunchy nuts and aroma of the burnt garlic dressing. It's a sophisticated yet simple salad that will have your mates thinking you've tried hard.

SERVES 4 **PREP** 15 mins
COOK 5 mins **EASY** V

For the salad

2 tbsp lemon juice
2 Granny Smith apples, cored, quartered and thinly sliced
90g rocket leaves
large handful of coriander, leaves picked (about 25g)
100g toasted walnuts, roughly chopped

For the dressing

3 garlic cloves, unpeeled
150ml olive oil
50ml balsamic vinegar
1 tbsp mayonnaise

1 Squeeze the lemon juice over the apple slices and stir to combine. This will stop the apple going brown. Put the rocket and coriander leaves in a large bowl, add the apples and walnuts, then toss through.
2 To prepare the dressing, burn the garlic cloves by carefully placing them on the edge of a small gas hob and turning the flame on low so it catches the edges and the garlic turns completely black. Alternatively, use a kitchen blowtorch to burn the garlic.
3 Keeping the charred skins on, chop the garlic as fine as you can. Then, using the back of the knife, crush the garlic to release the flavour. Tip into a jar with a lid, then add a large pinch of salt, the oil, vinegar and mayonnaise. Put the lid on and give it a good shake.
4 Drizzle as much dressing as you like over the salad before serving, and chill the rest to use later.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 398 kcals • fat 38g • saturates 5g • carbs 8g • sugars 7g • fibre 2g • protein 6g • salt 0.2g





Banana skin bagels

During lockdown, I revealed my love of banana skins – nothing new to me, but new for many on social media. Yes, that banana peel that we all normally just throw away is edible and full of potassium. One of my favourite ways to cook it is in this garlicky barbecue sauce, wedged inside a chewy bagel with spicy cheese and pickle.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY** V

skins from 6 ripe bananas (about 400g)
4 tbsp vegetable oil
2 small onions, thinly sliced
1 garlic clove, minced
2 tbsp barbecue sauce
2 tbsp brown sauce
1 tbsp ketchup
4 bagels
4 slices spicy Mexican cheese
8 pickle slices
mayonnaise, for spreading

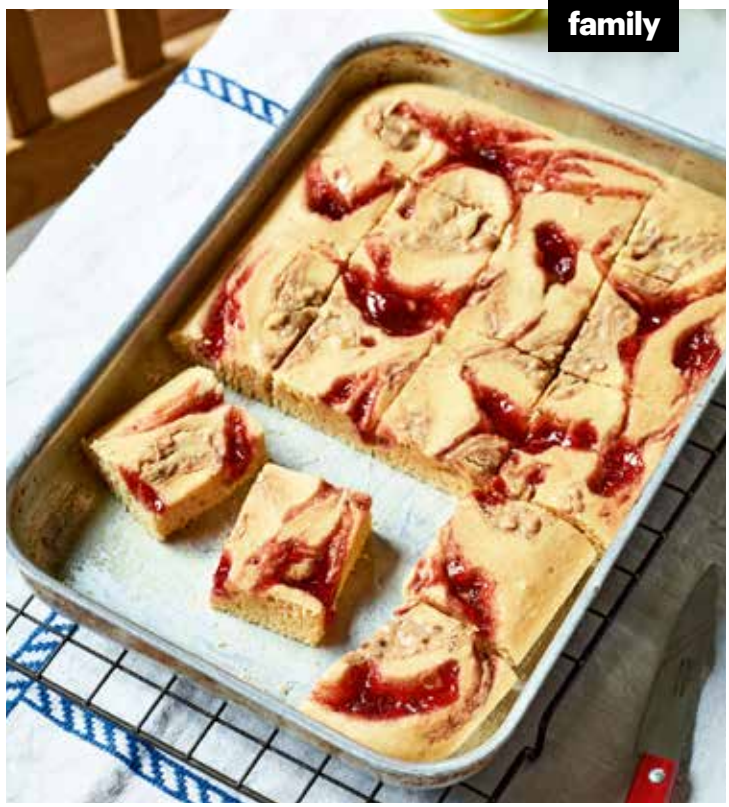
1 Wash the banana skins thoroughly and pat dry. Remove and discard the tough stalks, then chop the rest of the skins into thin strips, about 3cm long. Heat the oil in a small non-stick pan over a medium heat and cook the onions until golden brown and dark, about 5-10 mins.

2 Add the garlic and stir, cooking for a minute more. Add the banana skins and ½ tsp salt and cook for 5 mins. Add the barbecue sauce, brown sauce and ketchup, and mix together to warm through.

3 Turn the grill to medium. Split the bagels and arrange on a tray, cut-side up. Spoon the banana skin mix over the bases, top with the cheese slices and grill until the cheese has melted and the bagel tops are golden.

4 Arrange the pickles over the cheese, then spread mayo over the bagel tops. Sandwich the bagels and serve immediately.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 618 kcals • fat 30g • saturates 5g • carbs 70g • sugars 22g • fibre 5g • protein 15g • salt 2.5g



Peanut butter & jelly traybake

My family love American pancakes, but sometimes feel limited as to how often we can have them. Pouring and flipping can take time, so I've taken everything we love about American flavours – and Elvis! – and made this recipe for peanut butter and jelly (jam) pancakes, baked all in one, then cut into squares. Serve them with an extra dollop of jam, Greek yogurt and fresh raspberries, if you like.

MAKES 20 squares
PREP 10 mins **COOK** 15 mins
EASY V ❄

3 heaped tbsp jam of your choice (I like a berry jam, because of the deep colour and tang)
3 tbsp peanut butter
cooking oil spray
250g plain flour
1 tsp baking powder
3 tbsp caster sugar
170ml whole milk
2 medium eggs
2 tbsp vegetable oil
icing sugar, for dusting (optional)

1 Tip the jam into a heatproof bowl and warm in the microwave in 10-second bursts, stirring until just loosened. Repeat with the peanut butter in a separate bowl (avoid putting too much oil from the peanut butter jar, as this will make the pancakes greasy). Set both aside.

2 Heat the oven to 180C/160C fan/gas 4 and mist a brownie tin (about 18 x 23cm) with cooking oil spray. Put the flour, baking powder, ½ tsp salt and the sugar in a bowl and whisk. Make a well in the centre and add the milk, eggs and oil. Whisk until you have a thick batter. *Can be made ahead and chilled overnight.*

3 Pour the batter into the prepared tin and spread out evenly. Dollop over the jam and peanut butter alternately, then swirl together slightly with the end of a spoon to create a marbled effect.

4 Bake for 10-15 mins until the surface of the pancake looks shiny and is no longer wobbly. Remove from the oven, leave to cool slightly, then cut into squares. Dust with icing sugar, if using, and serve. *Any leftover squares will keep well-wrapped in the freezer.*

PER SERVING 103 kcals • fat 3g • saturates 1g • carbs 15g • sugars 6g • fibre 1g • protein 3g • salt 0.2g

Back-to-front baked cheesecake

A simple baked cheesecake is one of my favourite desserts. It can sit in the fridge and be enjoyed over the course of a week, and that ultimate slice is the best of all. But sometimes I feel short-changed by the base. It's nice enough, but often I want something more. Here I've baked a cheesecake without any base at all, and instead topped it with honey salted caramel and a chocolatey tiffin mixture. It's essentially a flipped-over version of the classic, but in my opinion all the best cakes are a little back to front!

SERVES 9 **PREP** 25 mins plus cooling and overnight chilling
COOK 1 hr **MORE EFFORT** V

For the cheesecake
1 tbsp butter, for the tin
900g full-fat soft cheese
200g caster sugar
150ml soured cream
3 tbsp plain flour
3 medium eggs, beaten
2 tsp vanilla bean paste

For the honey salted caramel
50g butter
170g set honey
300ml double cream

For the tiffin crumble
150g digestives, roughly crushed
75g unsalted butter, melted
30g demerara sugar
50g dark chocolate chips or chunks
50g toasted hazelnuts, roughly chopped



1 Heat the oven to 160C/140C fan/gas 3. Butter the base of a 20cm round tin (not loose-bottomed). Lay two large sheets of baking parchment, one on top of the other, one sheet turned 45 degrees to make a large cross shape. Push the parchment stack into the tin, pressing it into the edge and making sure plenty is sticking out above the rim. Press the creases up the sides to flatten against the tin.
2 Put the soft cheese, sugar, soured cream, flour, eggs and vanilla in a large bowl and mix well for a minute or so until well-combined. You don't want to mix it for too long and incorporate any air.
3 Pour the mixture into the prepared tin, tap it on the work surface to release any trapped air, then level the surface with the back of a spoon. Bake on the lower shelf of the oven for 1 hr. As soon as the hour is up, open the oven door, leaving it slightly ajar. Pop a wooden spoon in the door to keep it just open so it lets out the heat slowly. Turn the oven off. Don't take the cheesecake out until the oven is completely cold. Once the oven is cool, chill the cheesecake overnight.
4 The next day, make the honey salted caramel. Melt the butter in a small pan set over a medium heat. As soon as it has melted, add the honey, turn the heat to medium-high and cook for 10 mins until the caramel is golden brown. If it starts to catch, turn the heat down slightly. After 10 mins, pour in the cream, mix and bring the mixture to the boil. Immediately remove from the heat and stir in ½ tsp salt. Set aside.
5 To make the tiffin crumble, put the biscuits in a food bag, seal and crush using the end of a rolling pin. (I like a mix of big pieces, small bits and crumbs.) Tip the crushed biscuits into a bowl, pour over the butter and leave to cool for 10 mins. Meanwhile, take the cheesecake out of the fridge and turn out onto a serving plate.
6 Add the sugar, chocolate and hazelnuts to the buttery biscuit chunks. Spoon the tiffin mixture over the cheesecake – it doesn't have to be neat, just pile it on.
7 Reheat the caramel over a low heat if it has cooled too much, then pour this over the cheesecake. Slice into wedges and serve.

PER SERVING 924 kcals • fat 70g • saturates 41g • carbs 62g • sugars 48g • fibre 2g • protein 12g • salt 1.4g

All recipes © Nadiya Hussain

Cod & clementine extracted from *Nadiya's Kitchen*, published by Michael Joseph. Photographs © Holly Pickering.

Apple, walnut & coriander salad extracted from: *Nadiya's British Food Adventure*, published by Michael Joseph. Photograph © Chris Terry.

Back-to-front baked cheesecake and not prawn toast extracted from *Nadiya's Family Favourites*, published by Michael Joseph. Photographs © Chris Terry.

Banana skin bagels extracted from *Nadiya's Fast Flavours*, published by Michael Joseph. Photographs © Chris Terry.

Pizza paratha, peanut butter & jelly traybake and black pepper poke salmon bowl extracted from *Time to Eat*, published by Michael Joseph. Photographs © Chris Terry.

health

Delicious recipes and top nutrition tips



healthy diet plan

let's eat more fish, page 82



5 healthy ideas

watercress, page 84

gf healthy diet plan

let's eat more fish

Try this nutritious midweek main that's effortless to make and counts as two of your five-a-day

recipe SARA BUENFELD ***photograph*** MIKE ENGLISH

Cod & cherry tomato bake

As well as being low in calories and packed with flavour, this meal can be ready in under 20 minutes. Seasonal new potatoes make a substantial side dish and are included in the calorie count. They also add plenty of fibre if you keep their skins on. (If you like fish but worry about finding bones, cod loins are a great option.)

SERVES 2 **PREP** 12 mins
COOK 15-18 mins **EASY**

FIBRE | 2 OF 5-A-DAY | GLUTEN FREE

200g vine cherry tomatoes, halved
3 tbsp finely chopped basil leaves
6 Kalamata olives, halved
1 garlic clove, finely grated
1 tbsp olive oil
2 cod loins, about 130g each
300g new potatoes, halved
180g fine green beans, ends trimmed
1 tbsp extra virgin olive oil
1 tbsp balsamic vinegar

1 Heat the oven to 200C/180C fan/gas 6. Toss the cherry tomatoes with 2 tbsp of the basil, the olives, garlic and oil, in a small non-stick roasting tin or shallow ovenproof dish. Add the cod loins, then bake in the oven for 15-18 mins until the cod is cooked through.

2 Meanwhile, boil the potatoes in a pan with a steamer set over the top to cook the beans, both for 15 mins, until tender.

3 Arrange the beans in the centre of two dinner plates and place the cod on top. Tip the tomatoes and all their juices into a bowl and mix with the remaining basil, the extra virgin olive oil and the balsamic vinegar. Spoon over the cod and serve the potatoes on the side. Sprinkle over some cracked black pepper, if you like.

GOOD TO KNOW healthy • low cal • vit c • fibre • 2 of 5-a-day • gluten free
PER SERVING 361 kcals • fat 13g • saturates 2g • carbs 29g • sugars 8g • fibre 8g • protein 27g • salt 0.5g



Shoot director FREDDIE STEWART | Food stylist HANNA MILLER | Stylist MAX ROBINSON



5 healthy ideas

watercress

Rich in vitamins and minerals, this salad leaf also adds a fresh burst of peppery flavour to a variety of dishes



Pea, ham hock & watercress salad

SERVES 6 **PREP** 20 mins
COOK 5 mins **EASY**

Cook **750g frozen peas** in a large pan of boiling salted water for about 1 min (or 3 mins if fresh). Drain and run under cold water to stop them cooking. For the dressing, whisk together **7 tbsp cold-pressed rapeseed oil**, **2 tbsp cider vinegar** and **3 tsp English mustard** until emulsified. Mix **750g cooked, shredded ham hock** with the peas, a **large handful of chopped parsley** and the dressing in a large bowl. Transfer the salad to a platter or spoon onto individual plates. Scatter over **sliced spring onions** and a **large handful of watercress**.

GOOD TO KNOW healthy • low cal
PER SERVING 454 kcals • fat 25g • saturates 5g • carbs 12g • sugars 4g • fibre 9g • protein 42g • salt 0.4g

Watercress mashed potato

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY** V

Cook **650g floury potatoes** that have been cut into chunks, in a large pan of salted water for 15 mins, or until tender. Drain well, then return to the pan to steam-dry before mashing. Push to one side of the pan and add **100ml milk** along with **25g butter**. Heat gently until the butter melts, then stir into the potatoes with **170g watercress** and some seasoning. Serve with your Sunday roast or a midweek meal.

GOOD TO KNOW healthy • vit c • gluten free
PER SERVING 189 kcals • fat 6g • saturates 4g • carbs 27g • sugars 2g • fibre 3g • protein 6g • salt 0.2g

Pan-fried salmon with watercress, polenta croutons & capers

SERVES 6 **PREP** 10 mins
COOK 20 mins **EASY**

Cut a **250g block of cooked polenta** into 1.5cm cubes. Toss in **50g plain flour** and fry over a medium-low heat in **1 tbsp olive oil** until slightly browned, about 1 min. Set aside. Heat the oven to 190C/170C fan/gas 5. Heat **1 tbsp olive oil** in a non-stick pan over a medium heat and fry **6 boneless salmon fillets** for 1 min each side until lightly golden. Transfer to a non-stick baking tray and bake for 8-10 mins. Dress **200g watercress** with **1 tbsp olive oil** and **a few drops of lemon juice**. Split between plates, then scatter over the polenta croutons and **2 tbsp drained capers**. Top with the salmon and serve with **lemon wedges**, if you like.

GOOD TO KNOW healthy • vit c • omega-3
PER SERVING 375 kcals • fat 22g • saturates 4g • carbs 13g • sugars 1g • fibre 2g • protein 30g • salt 1g



Creamy pea & watercress pasta

Creamy pea & watercress pasta

SERVES 4 **PREP** 10 mins **COOK** 15 mins **EASY** **V**

Cook **350g penne** in plenty of boiling salted water following pack instructions. Meanwhile, in another pan of salted boiling water, cook **300g fresh peas** and **1 peeled garlic clove** for 3-5 mins until tender. Drain both well, reserving some of the pasta water. Put the peas, garlic and **100g watercress** in a food processor with 2 tbsp pasta water. Whizz to a rough purée. Return the pasta to the pan along with the pea mixture, **2 tbsp mascarpone**, **2 tbsp chopped tarragon** and the **zest and juice of 1 lemon**. Stir well to combine. Season well and serve straightaway.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 443 kcals • fat 7g • saturates 3g • carbs 73g • sugars 3g • fibre 10g • protein 17g • salt 0.1g

Fennel, watercress & pine nut salad

SERVES 4 **PREP** 5 mins plus 10 mins marinating
NO COOK **EASY** **V**

Whisk the **juice of 1 small orange** and **3 tbsp olive oil** together in a large bowl and season to taste. Add **1 halved and thinly sliced head of fennel** and toss to coat. Leave to marinate for 10 mins, then just before serving, tip in **a handful of watercress** and **50g toasted pine nuts** and toss well to combine.

GOOD TO KNOW vegan • healthy • vit c • 1 of 5-a-day • gluten free
PER SERVING 454 kcals • fat 25g • saturates 5g • carbs 12g • sugars 4g • fibre 9g • protein 42g • salt 0.4g

BBC goodfood Middle East

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GOURMET LIFESTYLE



THE SUITE LIFE
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Competitions, p91

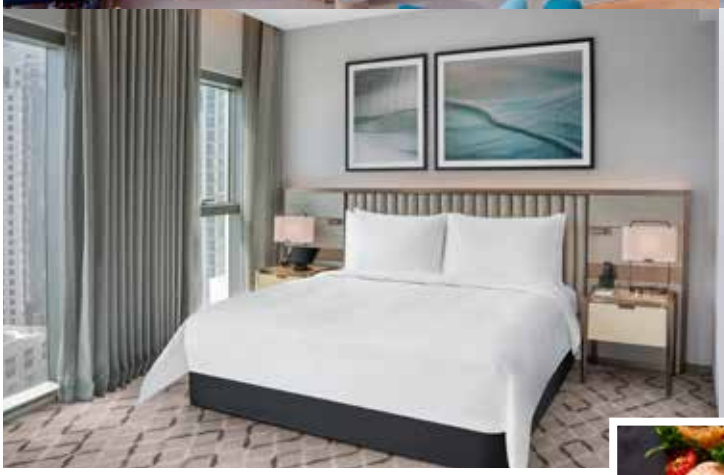


THE SUITE LIFE

A tranquil staycation awaits at the newly-opened Address Grand Creek Harbour













Nestled next to Dubai's newest observation deck, The Viewing Point, Address Grand Creek Harbour presents a tranquil and captivating ambience, boasting picturesque waterfront and skyline views. With seamless access to the harbourside promenade, the five-star hotel offers a relaxing stay for tourists and residents alike.

As we arrived, we were welcomed with an abundance of natural light through the floor-to-ceiling windows, green-themed interiors, and a delightful aroma of freshly brewed coffees from The Patisserie, located opposite the reception. Guests in search of their choice of beverages prior to checking in are encouraged to make a pit stop at the dining venue for a refreshing start. Our check-in was quick and we were promptly accompanied to our luxurious suite.

ACCOMMODATION

The waterfront destination is home to 223 rooms and suites including options such as Deluxe City View Room King, Premier Creek Room with Balcony, Club Creek View Room, and Skyline Suite with Balcony, to name a few. The Executive Suite with Balcony offers an exceptional and spacious area featuring an expansive living area with a four-seater dining table, blue-themed interiors complementing the outdoor view, a quaint sofa area, a guest bathroom, and a balcony with unrivalled views of the Dubai skyline and creek. As we proceed towards the bedroom, the space features a king-sized bed, a work desk area, a Dyson hair dryer, and a lavish marble bathroom with a rain shower, dedicated TV opposite the bathtub, and opulent amenities from Lorenzo Villoresi Firenze. The suite offers seamless control through an in-room iPad service, allowing guests to conveniently manage the AC temperature, TV, and lighting across the entire accommodation.

The Executive Suite further offers exclusive access to the Club Lounge brimming with a range of VIP privileges and amenities including complimentary refreshments, snacks, and meals throughout the day while seated indoors or at its sprawling outdoor terrace.

CULINARY OFFERINGS

We chose to dine indoors for lunch at the elegant fine dining venue, The Restaurant. We started with the tantalizing Burrata featuring a creamy burrata ball accompanied by heirloom tomato, fresh basil pesto, and a drizzle of extra virgin olive oil. The Prawn chermoula showcases perfectly cooked Sicilian prawn parched atop Moroccan chermoula sauce for a sumptuous blend of spices.

To refresh our palates, we treated ourselves to the Passion sour, a stunning blend of tangy passion fruit, zesty lemon

Words by Blanche D'mello







juice, sweet sugar syrup, and sparkling tonic water, garnished with a frothy egg white; and The destination of blue, a tropical delight featuring mango, banana, blue curacao, and fresh mint leaves.

For mains, we delighted in a unique, sweet rendition of Ramen - spaghetti expertly tossed in a soy chilli vinaigrette and served with tender Angus Beef Tenderloin slices, savoury mushrooms, and caviar. Our favourite dish, the Roasted corn-fed chicken supreme was perfectly tender and topped with creamy polenta, mushrooms, cipollini onions, and a tantalizing tarragon chicken jus. To round off our dining experience, we indulged in two irresistible desserts - the classic Tiramisu and the Raspberry chocolate cake with chocolate ganache and tangy raspberry compote.

After a quick dip at the infinity pool, we made our way for dinner at the poolside Luma Pool Lounge to enjoy marvellous waterfront views. Our culinary journey began with Crispy calamari with a creamy side of saffron aioli and Pizza bresaola adorned with mozzarella, chilli flakes, goat cheese, and fresh rocket leaves. We then savoured the exquisite Risotto al tartufo, where the creamy risotto was elevated by sautéed wild mushrooms, black truffle, and grated aged Parmesan, resulting in a dish brimming with earthy and aromatic flavours. The Chicken Shawarma was another classic featuring Arabic spiced marinated chicken, gherkins, garlic aioli, and lettuce wrapped within soft saj bread and paired with french fries. Lastly, the standout Arabic mix grill presented an impressive assortment of lamb kofta, lamb chops, shish tawook, shish kebab, makanik, accompanied by garlic sauce, hummus, and biwas salad. To conclude, we indulged in Crème brulée with vanilla biscuit, strawberries, and blueberries.

We woke up late the next day but just in time for breakfast at The Restaurant, featuring a buffet, live stations for pancakes and waffles, and an à la carte menu. We ordered Omelette with cheese and vegetables served with potato hash, beef sausages, sauteed mushrooms, and bacon; and Vegetable dumplings with chilli garlic sauce. We then made our way to the buffet and tucked into freshly-baked Apple Danish, Custard doughnut, and Chocolate twist. To accompany the delightful pastries, we opted for a refreshing strawberry and dates smoothie.




FACILITIES

Address Grand Creek Harbour is renowned for exquisite offerings, and The Spa offers a diverse selection of holistic spa treatments tailored to meet each individual's needs. Step into a world of healing and rejuvenation, where you can choose from a revitalizing massage, a restorative sleep ritual, targeted healing treatments, mindfulness sessions, body wraps, aromatic salt scrubs, soothing hot stone massages, reflexology sessions, or a curated selection of facials and deep tissue massages. At the hotel's fitness centre, you can expect tailored guidance, group classes, and assessments tailored to your needs. Keep an eye out for the monthly activity calendar and the dedicated Yoga studio during your visit.

Little ones can visit Qix Teens to enjoy foosball, PS4 with an enthralling simulation seat, Nintendo, karaoke, and movie nights. In addition, Qix Club is a curated space for children to put their creativity to the test with arts, crafts and painting.

BOOK NOW

The Executive suite with balcony is available from AED2,100 per night. Contact +9714 275 8899. Visit addresshotels.com/en/hotels/address-grand-creek-harbour/.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



DINNER FOR TWO AT MATAGI, RAFFLES THE PALM DUBAI, WORTH AED2,500

Embark on a remarkable culinary journey to Japan with an authentic eight-course Omakase menu, skillfully crafted by Michelin-starred chefs and enhance your dining experience with a special grape or concoction pairing. After dinner, head to SOLA Jazz Lounge for a choice of beverages from the bar's bespoke selection and enjoy live performances by renowned jazz artists and bands.



CHURRASCO PACKAGE FOR TWO AT FOGUEIRA RESTAURANT AND LOUNGE, WORTH AED700

Located on the 35th floor of Delta Hotels Jumeirah Beach Dubai, the dining venue welcomes you to savour a remarkable churrasco experience with unlimited soft beverages. From succulent beef cuts to traditional Brazilian appetizers, salads, and wholesome stews, make your way to the sprawling rooftop terrace for a memorable dining experience set against breathtaking views of Ain Dubai and Arabian Gulf.



SECRET PARTIES NŌH DRAMA BRUNCH AT TABŪ, WORTH OVER AED750

Experience the perfect blend of upscale dining and lively entertainment at TABŪ's newly revamped and reimagined brunch, in collaboration with Secret Parties. Expect a Saturday afternoon filled with award-winning Japanese cuisine and live entertainment with two complimentary house packages at this dynamic day-to-night event.



CITIZEN BRUNCH AT REPUBLIC ADDA BAR & LOUNGE, WORTH OVER AED500

Nestled within Business Bay, Republic Adda Bar & Lounge offers an array of entertainment, tantalizing culinary delights such as Bun kebabs, Stir-fried chipotle prawns, and classic Indian samosas, and free-flowing beverages during its renowned Sunday brunch. With a stunning backdrop of the Burj Khalifa, the dining destination presents an exquisite gastronomic journey through the vibrant and authentic flavours of Indian street-style cuisine.

Images SUPPLIED



SATURDAY BANGKOK STREET BRUNCH AT MANGO TREE THAI BISTRO, WORTH AED500

Stand a chance to win a Saturday Brunch for two including house beverages for a thrilling culinary journey to the streets of Thailand and experience irresistible aromas and flavours. From savoury soups and spicy salads to a live cooking station and more, prepare for an unforgettable experience.



DINING VOUCHER AT PEACHES & CREAM, WORTH AED500

Experience a tranquil beach retreat and indulge in Mediterranean cuisine accompanied by creative concoctions. Situated at Palm Jumeirah, the venue offers indoor and outdoor seating for diners to unwind along the mesmerising views of the shores. Menu highlights include Sea bass ceviche, Paella de marisco, Beef anticucho, Chicken souvlaki, and Pavlova.





DINING VOUCHER AT AUGUST, WORTH AED500

Immerse yourself in a culinary journey within Address Fountain Views against the picturesque backdrop of the Burj Khalifa. Tuck into a delightful array of dishes including Zucchini carpaccio, Saganaki prawns, Tuna tartare, Steak frites, Wagyu fillet, Lobster tagliatelle, and Caramel fondant.



DINNER FOR TWO AT KIZA, WORTH AED500

The Pan-African restaurant and lounge invites you to indulge in its authentic menu brimming with vibrant and distinctive flavours. From the bold and fiery West African Jollof Rice to the nourishing stews of East Africa, the fragrant tagines of North Africa, and seafood delicacies of South Africa, explore the region's remarkable history and diverse cultures.

DINING VOUCHER AT JIXIANG, WORTH AED500

Located at Jumeirah Beach Residence, feast on exquisite Chinese dishes including delectable dim sum, noodles, and bao buns with a beachfront dining experience and uninterrupted views of Ain Dubai. Don't miss signature dishes including Crispy sweet corn dim sum, Prawn har gau, Chicken & prawn wong tong, and Crispy duck bao bun.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

NATURALLY EUROPEAN

Put some color in your cooking with French butter.

It is probably fair to say that butter has been a part of many people's childhood – slathered on toast, used to enhance the taste to hot, flaky croissants, or form the base of many a sandwich. So, what is it about European butter, especially French, that makes it stand out? A lot. The perfect combination of terroir, climate and farmers' commitment equals high quality milk that results in the creation of these perfect sheets of gold.

25-30L

The quantity of milk produced per day by a cow.

82%

French butter has a minimum of 82% fat content.

80kg

A French cow consumes between 50-80Kg of food per day.

22L

The quantity of milk required to produce one kilo of Butter.



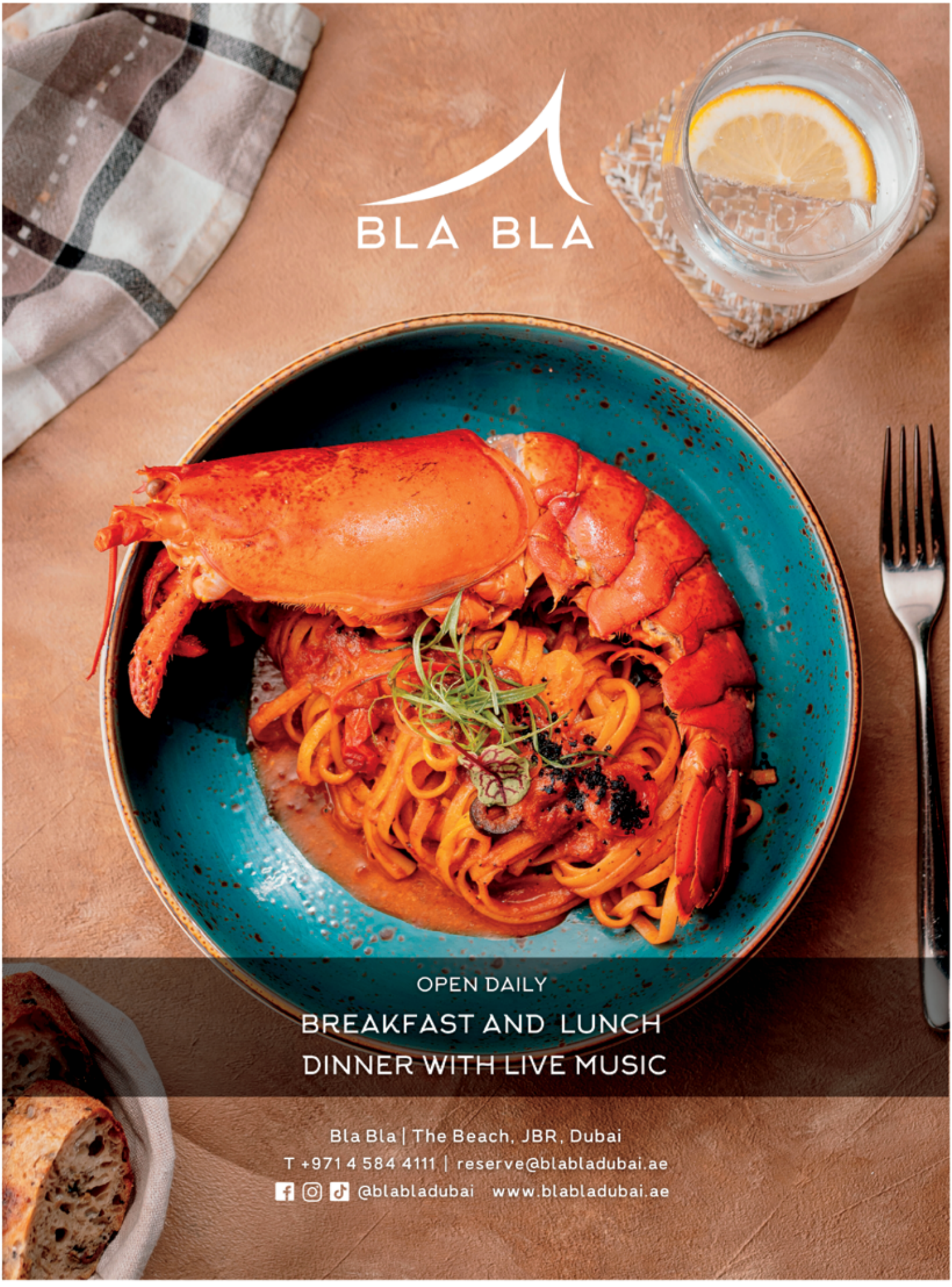
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BUTTER of France

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